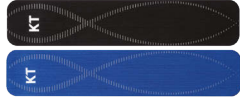


# QUAD

## YOU WILL NEED



**STRIPS ONE & TWO:** Tear backing paper two inches from end to create starting anchors.

**ALL COLORS** of KT Tape® are designed to perform equally.

## BEFORE YOU START

### APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

### CLEAN SKIN

Clean dirt, oils and lotions from area with rubbing alcohol

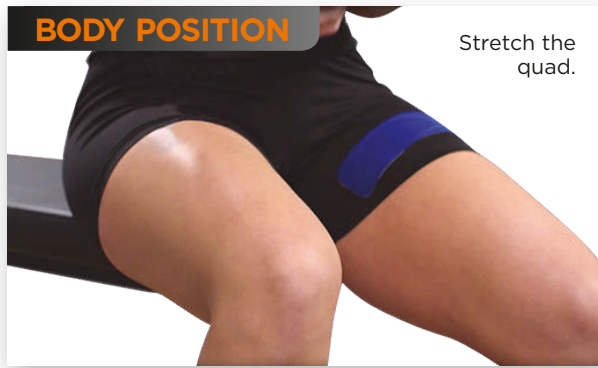
### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

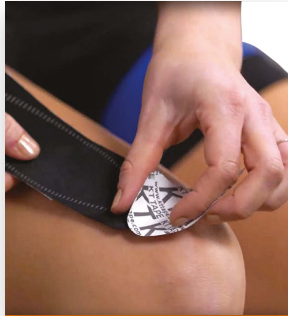


## BODY POSITION

Stretch the quad.



### STRIP ONE



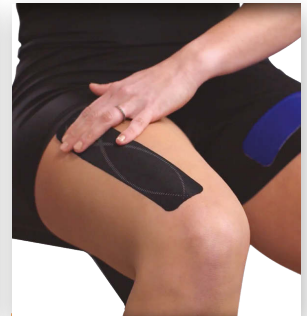
**NO STRETCH**

**ANCHOR:** Anchor a full strip of tape without stretch on the outer quad two inches above the knee.



**LIGHT STRETCH**

**APPLY:** Apply tape along the outer quad with a light stretch.



**NO STRETCH**

**FINISH:** Lay the last two inches down with no stretch.

### STRIP TWO



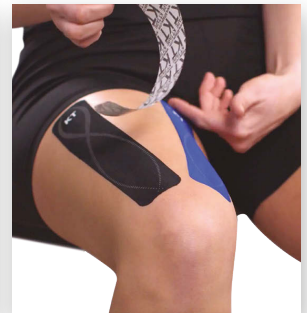
**NO STRETCH**

**ANCHOR:** Anchor a full strip on the inner quad two inches above the knee with no stretch.



**LIGHT STRETCH**

**APPLY:** Lightly stretching, lay the tape down along the inner quad.



**NO STRETCH**

**FINISH:** Lay the last two inches down with no stretch.

### STRIP THREE (Optional)



**NO STRETCH**

**FINISH:** A third strip can be applied in the center of strips one and two if needed.



**WATCH THE VIDEO**  
[kttape.com/instructions/quad](http://kttape.com/instructions/quad)