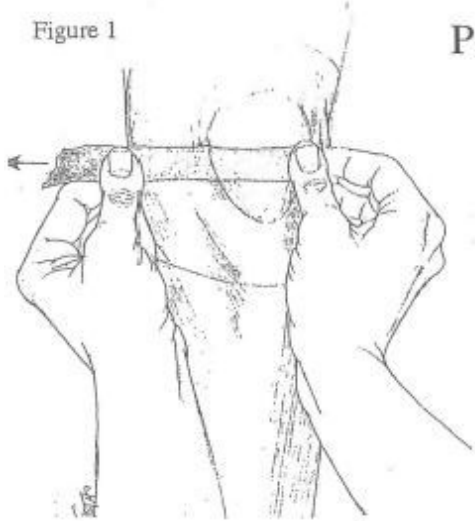




## Patellar Taping **PROTOCOL**

Figure 1

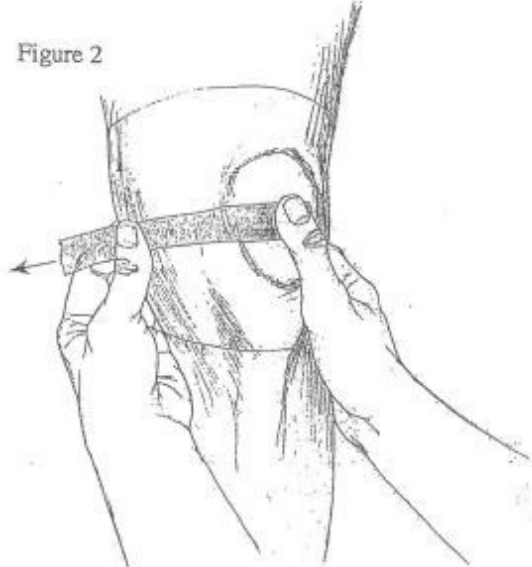


### Patellar Taping for Patellofemoral Syndrome

Preparation: Apply Cover-roll stretch tape or another thin elastic tape over the knee joint. If available use Leukotape or other high tensile strength tape for strapping of this taping procedure.

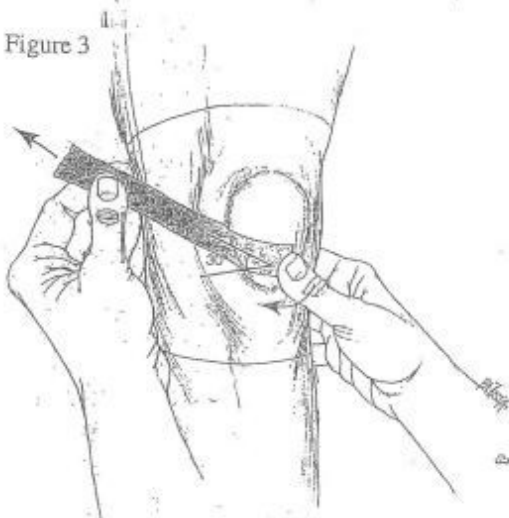
1. **Glide.** To address lateral glide of the patella, place tape from the lateral border of the patella and firmly pull it towards the medial aspect of the knee (Figure 1)

Figure 2



2. **Tilt.** To address tilting of the patella, place tape over the midline of the patella medially to lift the lateral border and provide a passive stretch and apply the tape to the medial aspect of the knee. (Figure 2)

Figure 3



3. **Rotation.** To address lateral rotation of the inferior pole of the patella, tape the middle inferior pole upwards. (Figure 3) For internal rotation of the inferior pole, tape the middle superior pole downward.