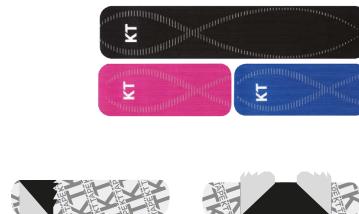


## INNER KNEE

### YOU WILL NEED



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



**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 using rubbing alcohol

#### ACTIVATE ADHESIVE

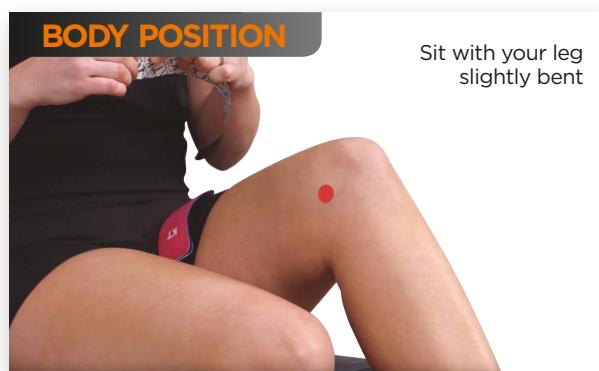
After application rub tape vigorously to activate adhesive



**WATCH THE VIDEO**  
[kttape.com/instructions/inner-knee](http://kttape.com/instructions/inner-knee)

### BODY POSITION

Sit with your leg slightly bent



#### STRIP ONE



#### NO STRETCH

**ANCHOR:** Apply the anchor about 3 inches above the knee cap, on the inside of the quad.



#### MODERATE

**FINISH:** Apply a moderate stretch on the tape and guide it through the point of pain, ending below the knee.



#### NO STRETCH

**FINISH:** Apply the opposite anchor with no stretch.

#### STRIP TWO



#### MODERATE

**ANCHOR:** Take a half strip, tearing the paper backing in the middle, and apply with moderate stretch directly over the point of pain.



#### NO STRETCH

**FINISH:** Finish with a gentle rub to improve adhesion.

#### STRIP THREE



#### MODERATE

**ANCHOR:** Apply a second half strip if necessary over point of pain creating an X pattern.



#### NO STRETCH

**FINISH:** Finish with a gentle rub to improve adhesion.