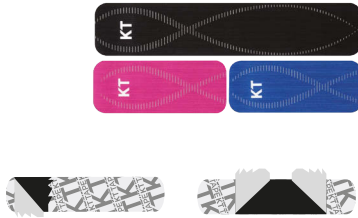


## INNER KNEE

### YOU WILL NEED



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

**STRIP THREE:** Tear backing paper at the center of strips to begin application.



**TO CREATE A HALF STRIP:** Fold a full strip in half and cut folded edge rounding the corners.

**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

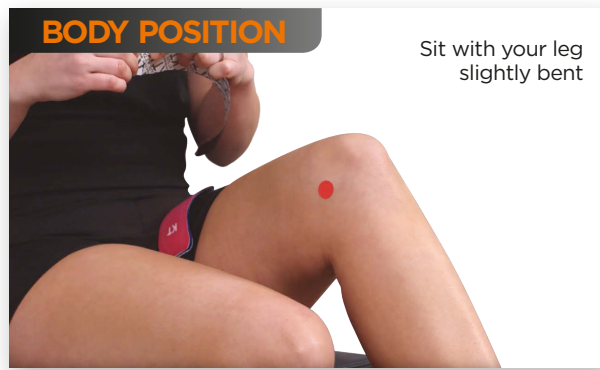
#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



### BODY POSITION

Sit with your leg slightly bent

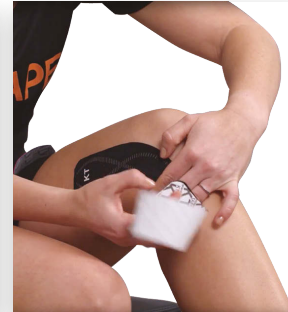


### STRIP ONE



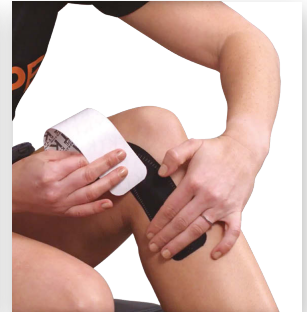
**NO STRETCH**

**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.



**WATCH THE VIDEO**

[kttape.com/instructions/inner-knee](http://kttape.com/instructions/inner-knee)