

# Kinesio Tape Application for Kneecap Pain

## Preparation

1. Start with a piece of tape long enough to run from below the kneecap to the upper thigh. Create a “Y” strip by making a 4-6” vertical cut from one end of the tape, leaving the rest of the tape uncut. Round the corners to prevent peeling.
2. Create a second “Y” strip with a shorter piece of tape, just long enough to reach from below to above the kneecap. Round the corners as above.
3. Prepare the skin by cleaning with alcohol.



**STEP 1:** Peel the backing from the uncut base end of the longer “Y” strip and apply to the upper thigh with the leg extended (straight). There should be little or no stretch in the tape as it is applied. Rub tape briskly to activate adhe-



**STEP 2:** Before applying the short tails of the “Y,” bend the knee to 90°. One at a time, peel backing from each piece and wrap around the kneecap with very little or no stretch. Rub tape briskly to activate adhesive.



**STEP 3:** Peel backing from the base of the smaller “Y” strip. Apply below the kneecap with the tails facing upward. Rub tape briskly to activate adhesive. One at a time, peel backing from each “tail” piece and wrap around the kneecap with very little or no stretch. Rub



**Final Appearance of Kinesio Tape Application for Kneecap Pain**