

▶ Basic Application Tips



End to End Application: Tear backing 2-3" from end of tape and remove from end of tape only. Apply to skin with no stretch and rub to activate adhesive. Apply center of tape with desired stretch. Finish with no stretch in final 2".



Middle Stretch Application: Tear backing across middle and begin to peel back from center. Stretch tape as indicated and apply from center towards ends. Apply final 2" of each end with no stretch.

Knee



1. Place knee in 90° angle. Split tape 3-4" from end. Anchor tape at mid-thigh, run to knee, wrap around sides of knee. No stretch.

2. **Optional.** Apply piece across and below knee cap. Stretch tape 50% in middle, no stretch in ends.