FULL KNEE SUPPORT

APPLICATION OVERVIEW

Knee pain can be caused by any number of issues. The kneecap, or patella, could be moving incorrectly. One or more meniscus may be torn, ruptured, or inflamed. There may be arthritis, plica, chrondomalacia, or any number of issues with the bones that constitute the knee. KT Tape helps treat any of these conditions by relieving pressure, providing stability, and improving muscle function in the knee.

WHAT YOU NEED

2 strips of KT TAPE
1 full 10” strip
1 full 10” strip cut in half

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

WATCH THE VIDEO
kttape.com/instructions/full-knee-support

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.