STRENGTHTAPE®

APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

ITEMS NEEDED:

3 pre-cut strips of StrengthTape
Scissors

Avoid touching the ends of the tape.

After applying, firmly rub the tape to activate adhesive.

Clean any oils and lotions form area.

Trim excess hair for better adhesion.

FULL KNEE STABILITY

TIP:

Always anchor the first and last two inches with absoultely no stretch.

PREPERATION

Cut a full strip in half with rounded corners to make 2 short strips.

STEP 1:

Bend knee to a 90 degree angle. Apply both half strips (one on top of the other) below the knee with 75% stretch.

STEP 2:

Anchor end to the thigh above the knee. Apply with 25% stretch until the you reach the top of the knee cap.

STEP 3:

Apply the remaining half with a 50% strech while crossing under the knee.

STEP 4:

Mirror steps 2 & 3 on the opposite side of the knee. Anchoring ends with no stretch. Rub firmly to activate adhesive.

Please seek care if you have extreme pain, swelling, difficulty walking, or unnatural joint movements. These instructions are for educational purposes only and should not be used in place of professional medical treatment. Copyright Endevr LLC. All rights Reserved.