



Note: Knee should be slightly bent

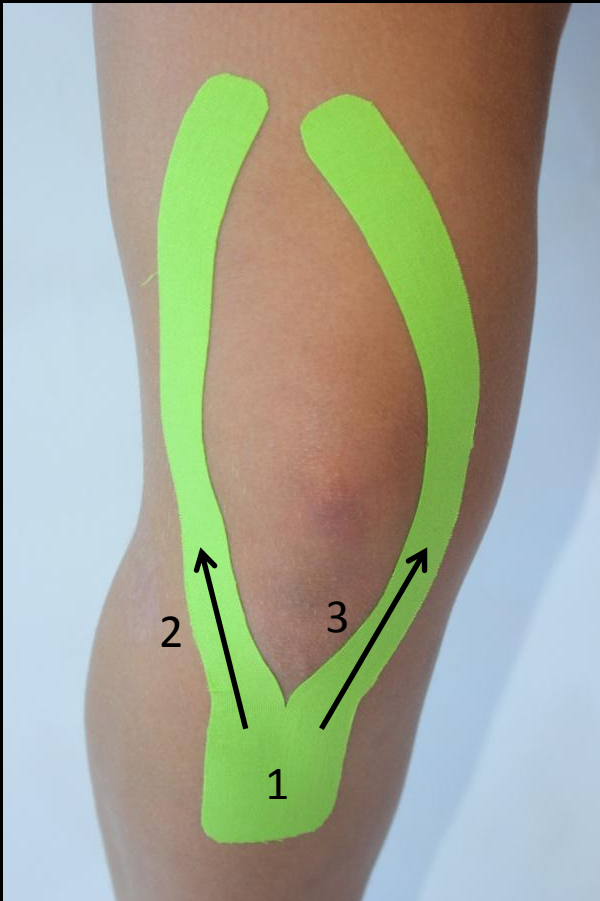
Step 1. Cut Tape to the correct length then in a 'V' – Shape

Step 2. Tear tape off at the bottom of the 'V' & place below knee cap/patella (1)

Step 3. Then 1 strip at a time remove backing tape and place around the kneecap (2) & (3)



KNEE PAIN 2



Note: Knee should be slightly bent when taping

Step 1. Cut Tape in 'V' Shape

Step 2. Tear off backing tape at the bottom of the 'V' only, then place the bottom of the 'V' below knee cap/patella (1)

Step 3. Then 1 strip at a time (2) & (3) remove backing tape and place around the kneecap.

Step 4. Add a 2nd 'I' Strip below the knee cap.

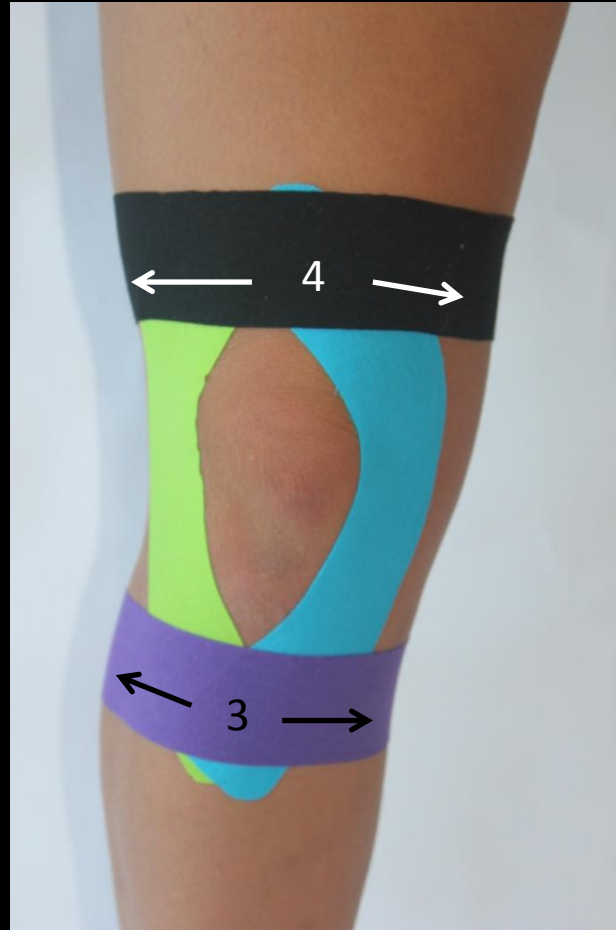
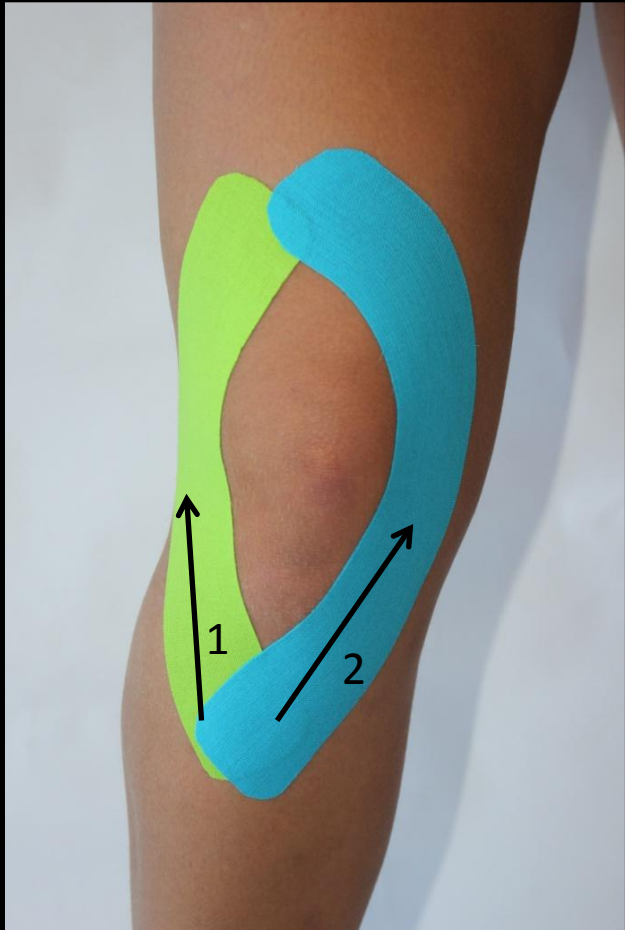
Step 5. Tear tape in middle (X) and place below kneecap the peel out wards. Tape should go about 2/3 the way around the leg

Note: Do not stretch tape



SUPPORTGUARDS AUSTRALIA

KNEE PAIN 3



Note: Knee should be slightly bent when taping

Step 1. Measure & cut 2 'I' Shapes (1) & (2)

Step 2. Tear backing off tape & place around the Kneecap, starting below the kneecap (1) & (2)

Step 3. Cut 2 more 'I' strips (3) & (4), tear backing off tape in the middle and place 1 'I' strip below the kneecap. Starting in middle of tape (position 3) and work outwards around the leg

Step 4. Repeat the same again above the knee cap. Starting in middle of tape (in position 4) with a 2nd 'I' Strip