



INNER KNEE

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The Pes Anserine is the joining of three tendons on the front and inside portion of the lower knee area. The bursae in this area allow for smooth sliding of these tendons with the medial hamstrings and the medial collateral ligament. The bursae will often become inflamed during periods of overuse and cause mild to moderate pain. The three muscles (Sartorius, Gracilis, and Semitendinosus) whose tendons insert into this area all serve to flex the knee and affect hip position. This application of KT Tape helps by relieving pressure to reduce pain, relaxing muscles, and increasing circulation.

BEFORE YOU START

YOU WILL NEED

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

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

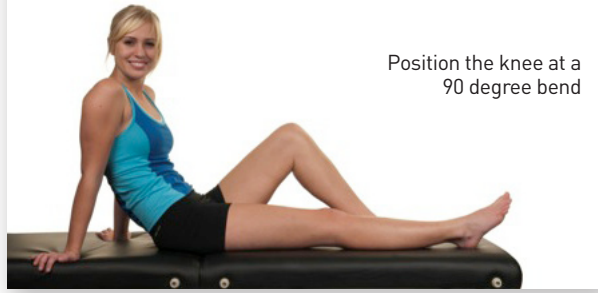
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION



Position the knee at a 90 degree bend

STRIP ONE



80% STRETCH

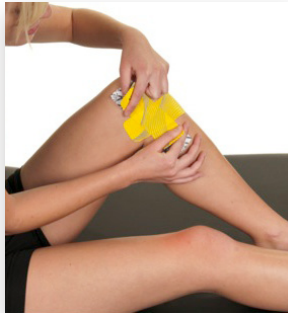


0% STRETCH

ANCHOR: middle of half strip of tape over point of pain with 80% stretch

FINISH: apply ends of tape without stretch

STRIP TWO



80% STRETCH



0% STRETCH

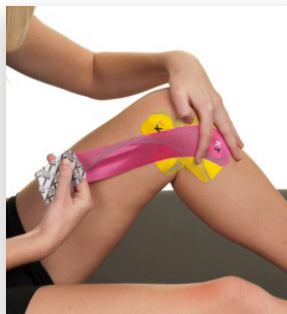
ANCHOR: middle of second half strip in an X pattern over the first strip with 80% stretch

FINISH: ends without stretch

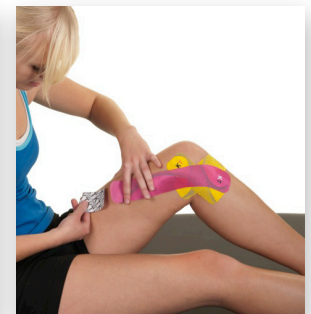
STRIP THREE



0% STRETCH



25% STRETCH



0% STRETCH

ANCHOR: full strip between lower ends of X pattern without stretch

APPLY: lay tape around knee and up thigh with 25% stretch

FINISH: apply last two inches of tape without stretch



WATCH THE VIDEO

kttape.com/instructions/inner-knee