



OSGOOD-SCHLATTER'S

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

Osgood-Schlatter's is a condition that often times shows up in young people who are growing very quickly. The point of pain is typically on the tibial tuberosity, or the bump just below the knee. KT Tape helps relieve pressure to reduce pain and may increase circulation.

BEFORE YOU START

YOU WILL NEED

1 full 10' strip of KT Tape cut in half

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

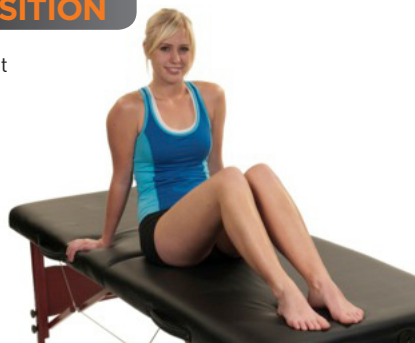
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION

Bend the knee at 90 degrees



STRIP ONE



80% STRETCH

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



0% STRETCH

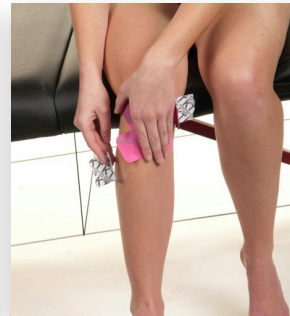
APPLY: ends of tape without stretch

STRIP TWO



80% STRETCH

ANCHOR: middle of second half strip across first strip to form an X pattern over point of pain with 80% stretch



0% STRETCH

APPLY: ends of tape without stretch



WATCH THE VIDEO

kttape.com/instructions/osgood-schlatter