



OUTER KNEE PAIN

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

Causes of outer knee pain may include IT Band Syndrome, overuse, overtraining, poor training form, or training on hills or stairs. KT Tape relieves knee pain and promotes the healing process.

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

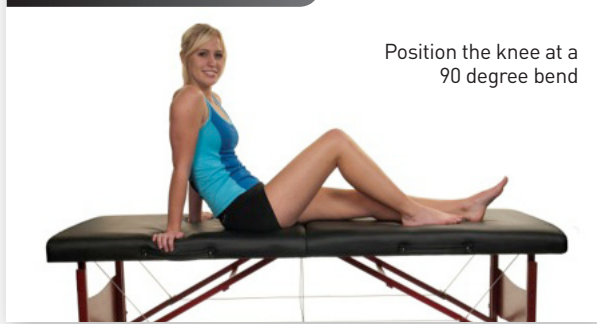
CLEAN SKIN

Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

BODY POSITION



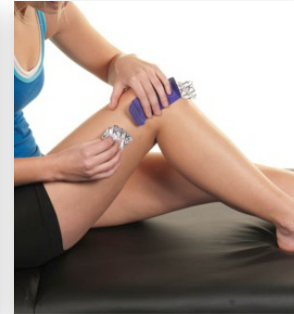
Position the knee at a 90 degree bend

STRIP ONE



80% STRETCH

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



0% STRETCH

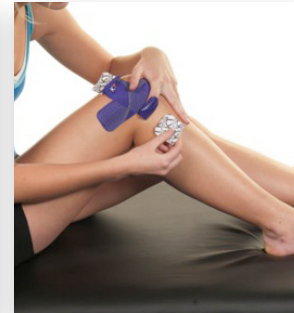
APPLY: lay ends down without stretch

STRIP TWO



80% STRETCH

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



0% STRETCH

APPLY: ends of tape without stretch

STRIP THREE



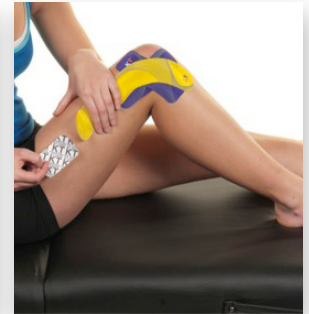
0% STRETCH

ANCHOR: full strip between lower ends of X without stretch



25% STRETCH

APPLY: tape up thigh as shown with 25% stretch



0% STRETCH

FINISH: apply last two inches of tape without stretch



WATCH THE VIDEO

kttape.com/instructions/outer-knee