

General Knee Taping

For Full Knee Support

HOW CAN HEALI HELP?

- Menthol for temporary pain relief
- Magnesium to promote healing
- Tape to help with Stability, Relieve pressure and help improve Muscle Function



WHY IS THIS HAPPENING?

Many possible reasons such as :
Tendon Issues, Overuse, Instability,
Patellar Tracking

WHAT IS CAUSING THIS?

Many possible reasons such as :
Overuse , Muscle Imbalances, Instability
and Soft tissue injuries



General Knee Taping

For Full Knee Support

WHAT YOU NEED?

Clean Body Part Before Applying
(no Oils or Lotions)

- (2) x FULL STRIPS
- (1) x 1/2 STRIP

STEP 1

- (A) Cut Strip in 1/2 to create a 1/2 strip
- (B) + (C) Round Edges of 1/2 strip



1

2

1/2

A



B



C



General Knee Taping

For Full Knee Support

STEP 2

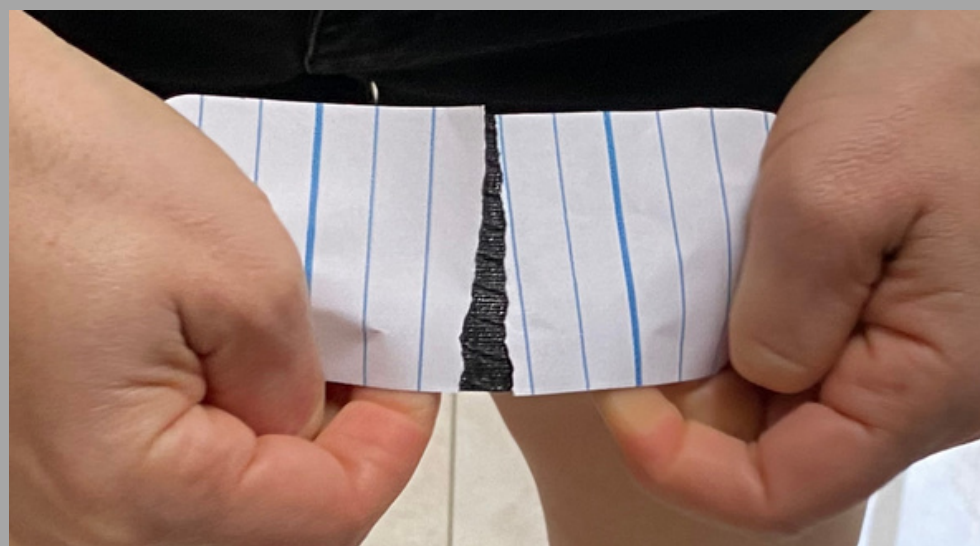
- (A) Tear the Backing Strip in Centre
 - (B) Peel the Backing Paper - Moving From the Centre Outwards.
- Be careful NOT to touch the tape
- (C) Familiarize yourself with Working Zones and Anchor Zones of Tape

**AFTER APPLYING TAPE BE SURE TO RUB TAPE TO
ACTIVATE INGREDIENTS AND HELP WITH STICK**

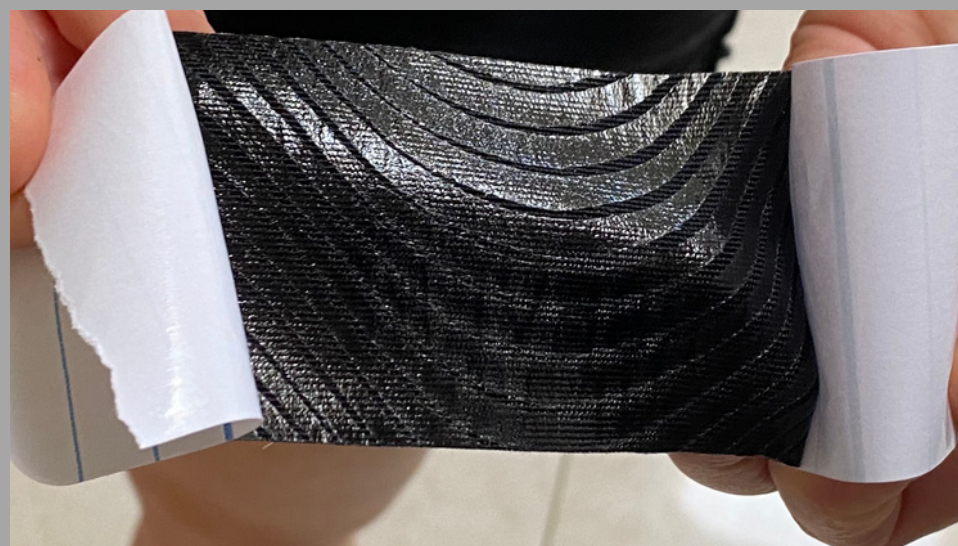
STEP 3

- Bend Knee to 90 Degrees To Apply Tape
- Place Tape Under Knee Cap with Slight Stretch in the working zone
- Anchor the final 2 inches (5cm) with no stretch (Anchor Zone)
- OPTIONAL: Take another ½ strip and cover on top of the first ½ strip – in exact same method to reinforce it.

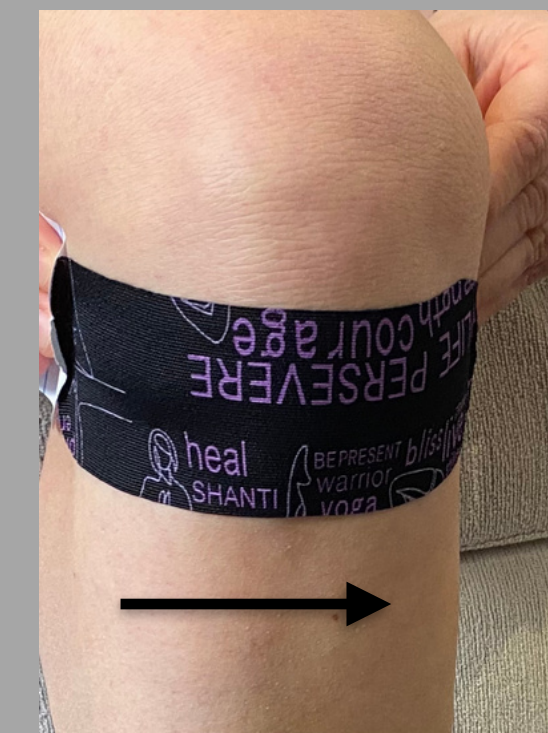
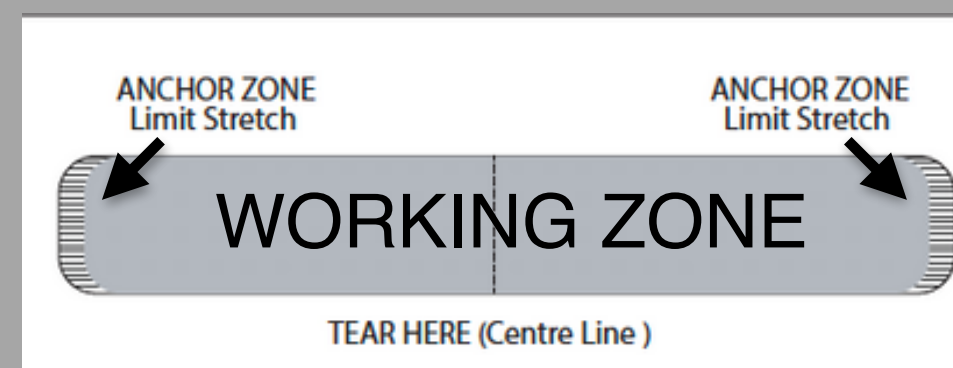
A



B



C



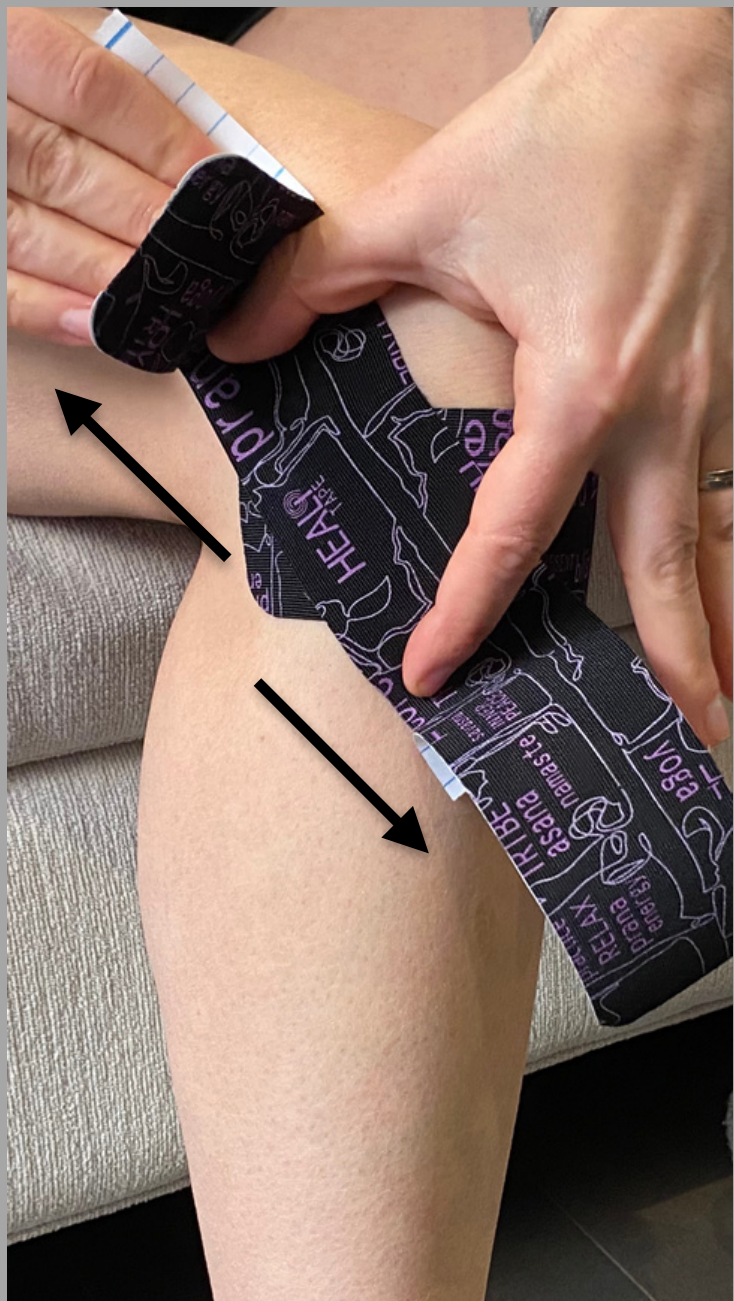
General Knee Taping

For Full Knee Support

STEP 4

APPLY 1 X FULL STRIP TO OUTSIDE (LATERAL) OF THE KNEE

- Tear tape in center – peel back paper – careful not to touch the tape.
- STRETCH TAPE 25% - Tape on Outside (Lateral) side of Quad/Thigh being sure to curve around the patella and crossing slightly to other side below kneecap.
- HINT: Do Not Cover the knee cap with tape – only support the outside of it
- Anchor the final 2 inches (5cm) with no stretch (Anchor Zone)



General Knee Taping

For Full Knee Support

STEP 5

APPLY 1 X FULL STRIP TO INSIDE (MEDIAL) OF THE KNEE

- Tear tape in center – peel back paper – careful not to touch the tape.
- STRETCH TAPE 25% - Tape on Inside (Medial) side of Quad/Thigh being sure to curve around the patella and crossing slightly to other side below kneecap.
- HINT: Do Not Cover the knee cap with tape – only support the inside of it - Tapes will overlap under the kneecap
- Anchor the final 2 inches (5cm) with no stretch (Anchor Zone)

