



# STRENGTHTAPE®

## APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

## ITEMS NEEDED:

2 pre-cut strips of StrengthTape Partner



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



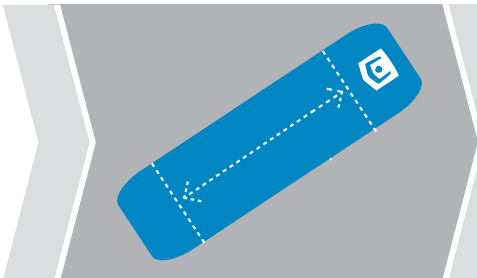
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

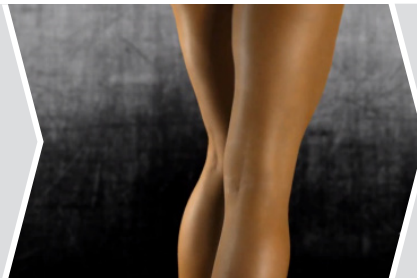
## BACK OF KNEE

### TIP:



Always anchor the first and last two inches with absolutely no stretch.

### BODY POSITION:



Stand with your leg straight to stretch the back of the knee.

### END RESULT:



Avoid the back of the knee to prolong use. Firmly rub to activate adhesive.

### STEP 1:



Anchor the 1st strip just below the knee one side of the area of pain.

### STEP 2:



Avoid the back of the knee and follow the tendon up the leg with 50% stretch and anchor to the back of the thigh.

### STEP 3:



Mirror the 1st strip on the other side of the knee. Apply with 50% stretch.