




Location:	Knee
Application:	Plica tension support
Indication:	Problems on back of knee (Plica syndrome)
Shape:	One X strip
Applying position:	In face down lying position

Acti-Tape - Back of Knee / Plica Syndrome - Step by Step Instructions

1.	<ul style="list-style-type: none"> With the leg in a face down position, place the center of the X strip with a light stretch in the middle of the back of the knee. 	
2.	<ul style="list-style-type: none"> Take the first pair of the legs of X strip and stretch them around the top of the calf and smooth down. 	
3.	<ul style="list-style-type: none"> Take the second pair of the legs of X strip and stretch them around the bottom of the thigh and smooth down. 	
4.	<ul style="list-style-type: none"> The final result. 	