
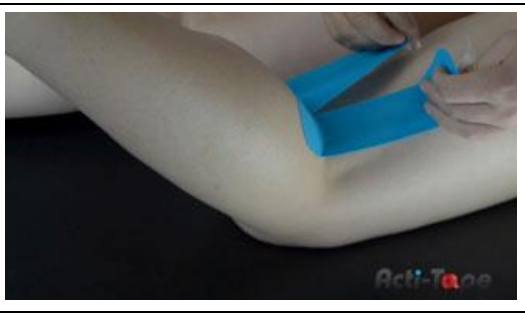


Location:	Knee
Application:	Hyperextension restriction
Indication:	Hyperextension prevention
Shape:	Two I strips
Applying position:	In face down lying position

Acti-Tape - Back of Knee - Hyperextension - Step by Step Instructions

1.	<ul style="list-style-type: none"> ● Placing the leg in a face down position. ● Apply one end of each strip firmly at each side of the leg at the top of the calf. 	
2.	<ul style="list-style-type: none"> ● Bend the knee upwards, stretching the strips toward the back of the thigh and smooth down the top ends of the strips firmly. 	
3.	<ul style="list-style-type: none"> ● Then while straightening the leg, firmly smooth the center of the strip downwards towards the calf. Make sure the strips are attached securely. 	