




Location: Knee
Application: Instability support
Indication: Instability due to the ACL
Shape: One long I strip
Applying position: In lying / sitting position

Acti-Tape - ACL Knee / Instability Support - Step by Step Instructions

1.	<ul style="list-style-type: none"> With the knee bend, locate the base of the knee cap. 	
2.	<ul style="list-style-type: none"> This will be the center point of the strip. 	
3.	<ul style="list-style-type: none"> Stretch the strip firmly to maximum stretch, taking the end up the leg towards the thigh. 	
4.	<ul style="list-style-type: none"> The final result. 	