




Location: Knee
Application: Kneecap Support
Indication: Instability - Kneecap
Shape: One Y-strip
Body Position: Sitting / Lying

Knee

Acti-Tape Step by Step Instructions: Kneecap Support

1.	<ul style="list-style-type: none"> In a sitting or lying position, bend the knee slightly. Apply the base of a Y-strip on the outside of the leg with the fork just below the kneecap. 	
2.	<ul style="list-style-type: none"> Apply the two legs of the strip with a moderate stretch around the kneecap. 	
3.	<ul style="list-style-type: none"> Bring the end of the legs together on the inside above the kneecap. 	
4.	<ul style="list-style-type: none"> Smooth down the strip firmly to complete. 	