



Location:	Knee
Application:	Collateral ligament instability support
Indication:	Instability due to the collateral ligament
Shape:	Three I strips
Applying position:	In lying position

Acti-Tape - Knee / Collateral Ligament - Step by Step Instructions

1.	<ul style="list-style-type: none"> ● Place a support, like a rolled towel, under the knee in order to raise it slightly. ● Apply the first strip horizontally across the middle side of the knee joint. 	
2.	<ul style="list-style-type: none"> ● The second strip should be applied in a diagonal across the side of the knee cap pulling slightly downwards. 	
3.	<ul style="list-style-type: none"> ● The third strip in a diagonal from underneath the kneecap towards the back of the knee with slight stretching in the middle of the strip and before smoothing down all the strips. 	