



<b>Location:</b>	<b>Knee</b>
<b>Application:</b>	<b>Self-taping knee/patella instability support</b>
<b>Indication:</b>	<b>Instability due to the ACL</b>
<b>Shape:</b>	<b>One I Strip</b>
<b>Applying position:</b>	<b>In sitting position</b>

## Acti-Tape - Knee / Patella (Self-taping) - Step by Step Instructions

1.	<ul style="list-style-type: none"> <li>With the knee in a raised position apply the strip to the inside of the knee drawing the strip with full stretching around the lower profile of the knee.</li> </ul>	
2.	<ul style="list-style-type: none"> <li>Then direct the tape up the leg towards the thigh smoothing down both ends.</li> </ul>	
3.	<ul style="list-style-type: none"> <li>The final result.</li> </ul>	