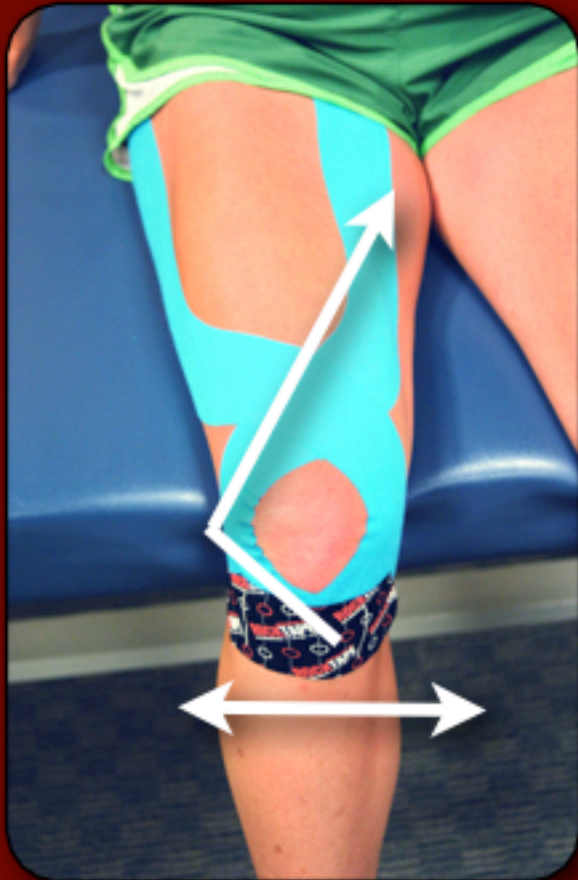


Knee 3 - Knee Spiral



To begin, place knee in 90° flexion angle. Both stabilization tape anchors begin below patella.

1. Run tape medial to patella, superior over VMO, ending on the lateral thigh (at Glute Medius). Apply little to no stretch to tape.
2. Run tape lateral to patella, superior over distal quadriceps, ending on the medial thigh (groin region). Apply little to no stretch to tape.
3. Apply decompression tape (horizontally) below patella. Stretch tape 50-75% in middle, with no stretch at ends.