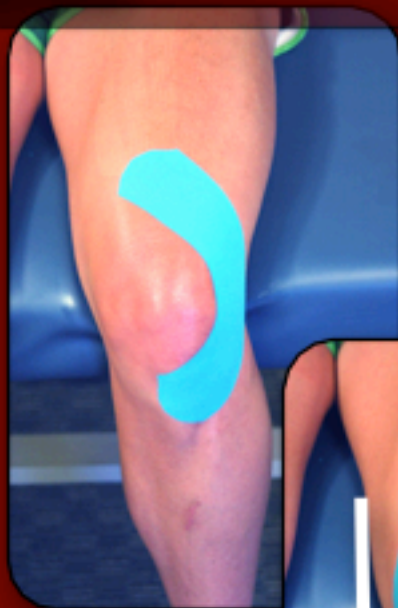
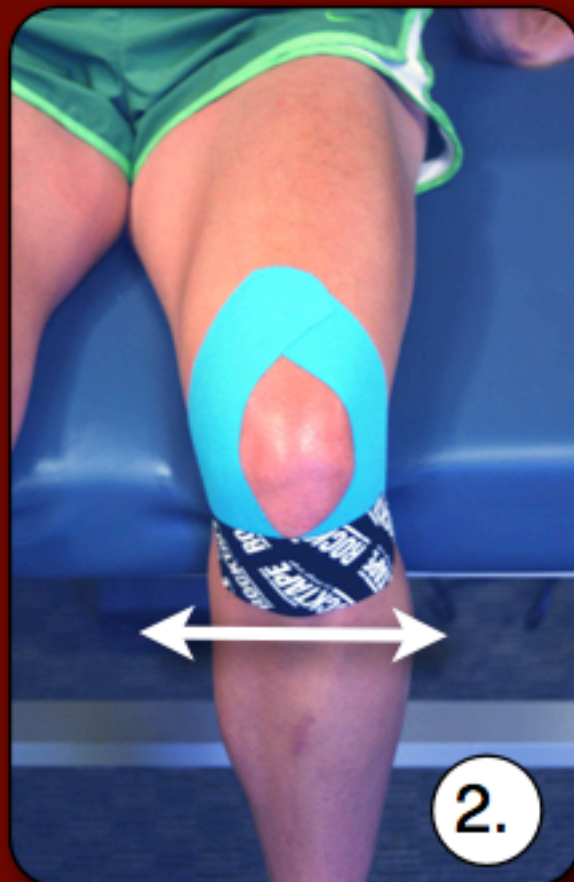
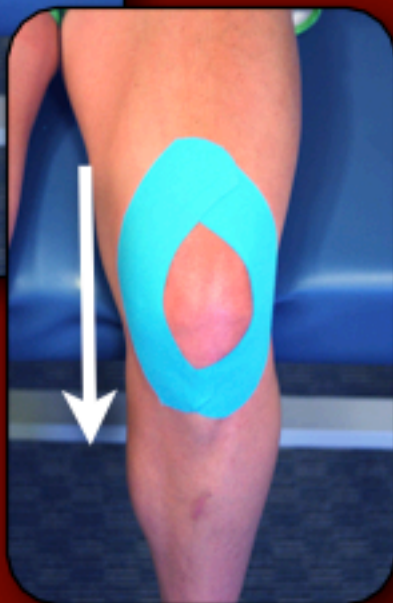


Knee



1.



2.

1. Place knee in 90° flexion angle. Anchor stabilization tape at top of patella. Create stabilization basket by wrapping tape around each side of the patella, framing the patella. Use a gentle radius. Apply little to no stretch to tape.

2. Apply decompression tape (horizontally) below patella. Stretch tape 50-75% in middle, with no stretch at ends.