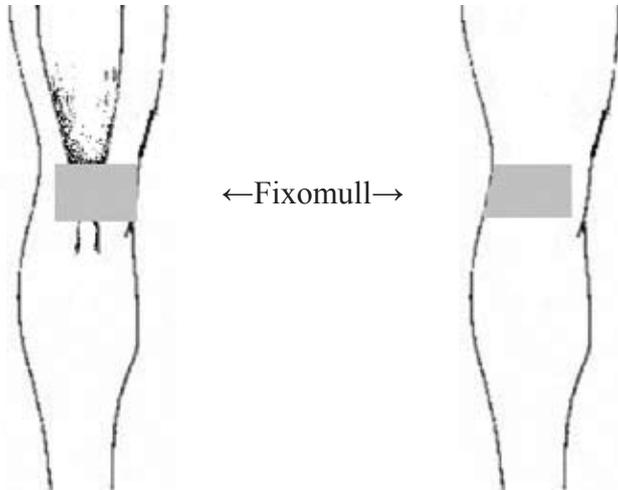




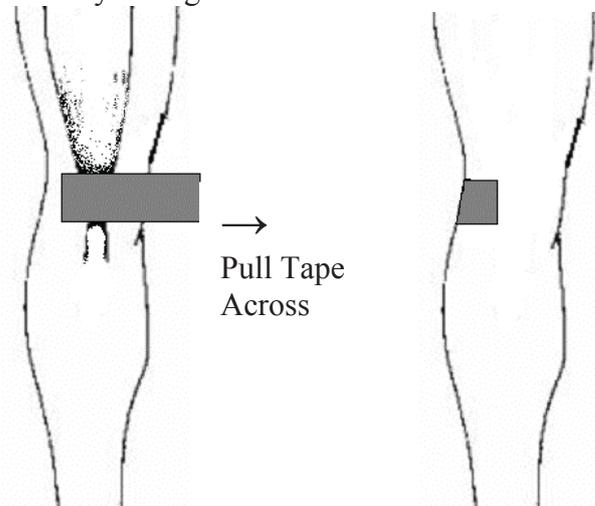
## How to Tape Your Knee

1. If possible, perform an activity (ie squat, stairs, jumping etc) that reproduces your pain
2. Now sit so that you can reach your knee easily and still have the muscle in the front of your thigh relaxed.
3. Locate your knee cap. Feel the top, bottom, inside and outside borders. Also make sure your knee cap can be easily moved about
4. Apply the white tape (fixomull) from the outside of your leg, over the middle of your knee cap and around the back of you knee. If keeping tape on all day go all the way around your knee.



5. Break off a piece of brown tape approximately 10-15cm in length
6. Place one edge of the tape at the midpoint of your knee cap. Stick firmly and ensure the tape runs through the middle of your knee cap.
7. Grasp the other end of the tape with the hand on the opposite side of you body as the painful knee.
8. Place your other hand on the inside of your knee and pull the skin up

9. Pull the tape across to the inside of your leg which will automatically pull your knee cap across as well.
10. Stick the tape down around the inside of your leg



11. Repeat again starting at the outside edge of your knee cap. (see point 6)
12. Now perform the activity that produced the pain initially. If the pain is abolished or significantly reduced, then your taping has been successful.
13. Leave the tape on for the time specified by your Physiotherapist.

### CHECKLIST

- Ensure the tape is located in the middle of your knee cap and not above or below
- The skin should be bunched up on the inside of your knee.
- If itching, stinging or burning occurs, remove the tape immediately.