



APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

ITEMS NEEDED:

3 pre-cut strips of StrengthTape
Scissors



Avoid touching the ends of the tape.



Clean any oils and lotions from area.



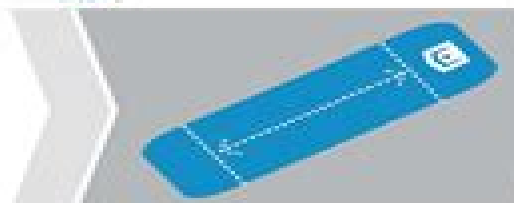
After applying, firmly rub the tape to activate adhesive.



Trim excess hair for better adhesion.

FULL KNEE STABILITY

TIP:



Always anchor the first and last two inches with absolutely no stretch.

PREPERATION



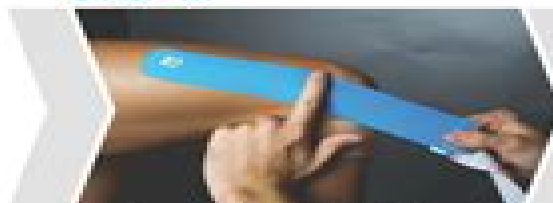
Cut a full strip in half with rounded corners to make 2 short strips.

STEP 1:



Bend knee to a 90 degree angle. Apply both half strips (one on top of the other) below the knee with 75% stretch.

STEP 2:



Anchor end to the thigh above the knee. Apply with 25% stretch until the you reach the top of the knee cap.

STEP 3:



Apply the remaining half with a 50% stretch while crossing under the knee.

STEP 4:



Mirror steps 2 & 3 on the opposite side of the knee. Anchoring ends with no stretch. Rub firmly to activate adhesive.

Kinesio Taping Manual Improving Strength

Zhe Xu



Kinesio Taping Manual Improving Strength:

This book delves into Kinesio Taping Manual Improving Strength. Kinesio Taping Manual Improving Strength is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Kinesio Taping Manual Improving Strength, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Kinesio Taping Manual Improving Strength
- Chapter 2: Essential Elements of Kinesio Taping Manual Improving Strength
- Chapter 3: Kinesio Taping Manual Improving Strength in Everyday Life
- Chapter 4: Kinesio Taping Manual Improving Strength in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Kinesio Taping Manual Improving Strength. The first chapter will explore what Kinesio Taping Manual Improving Strength is, why Kinesio Taping Manual Improving Strength is vital, and how to effectively learn about Kinesio Taping Manual Improving Strength.
3. In chapter 2, the author will delve into the foundational concepts of Kinesio Taping Manual Improving Strength. The second chapter will elucidate the essential principles that need to be understood to grasp Kinesio Taping Manual Improving Strength in its entirety.
4. In chapter 3, this book will examine the practical applications of Kinesio Taping Manual Improving Strength in daily life. This chapter will showcase real-world examples of how Kinesio Taping Manual Improving Strength can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Kinesio Taping Manual Improving Strength in specific contexts. This chapter will explore how Kinesio Taping Manual Improving Strength is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Kinesio Taping Manual Improving Strength. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Kinesio Taping Manual Improving Strength.

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Kinesio Taping Manual Improving Strength Introduction

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