

## Taping outer knee ligament

K-Active



[Directly to taping outer knee ligament guide](#)

### Main application area

Outer ligament injury  
Inner ligament injury  
Lateral stabilization of the knee joint

### What you need

2 tape strips:  
1 x y-shaped tape (blue)  
1 x tape (pink)

### Duration of application

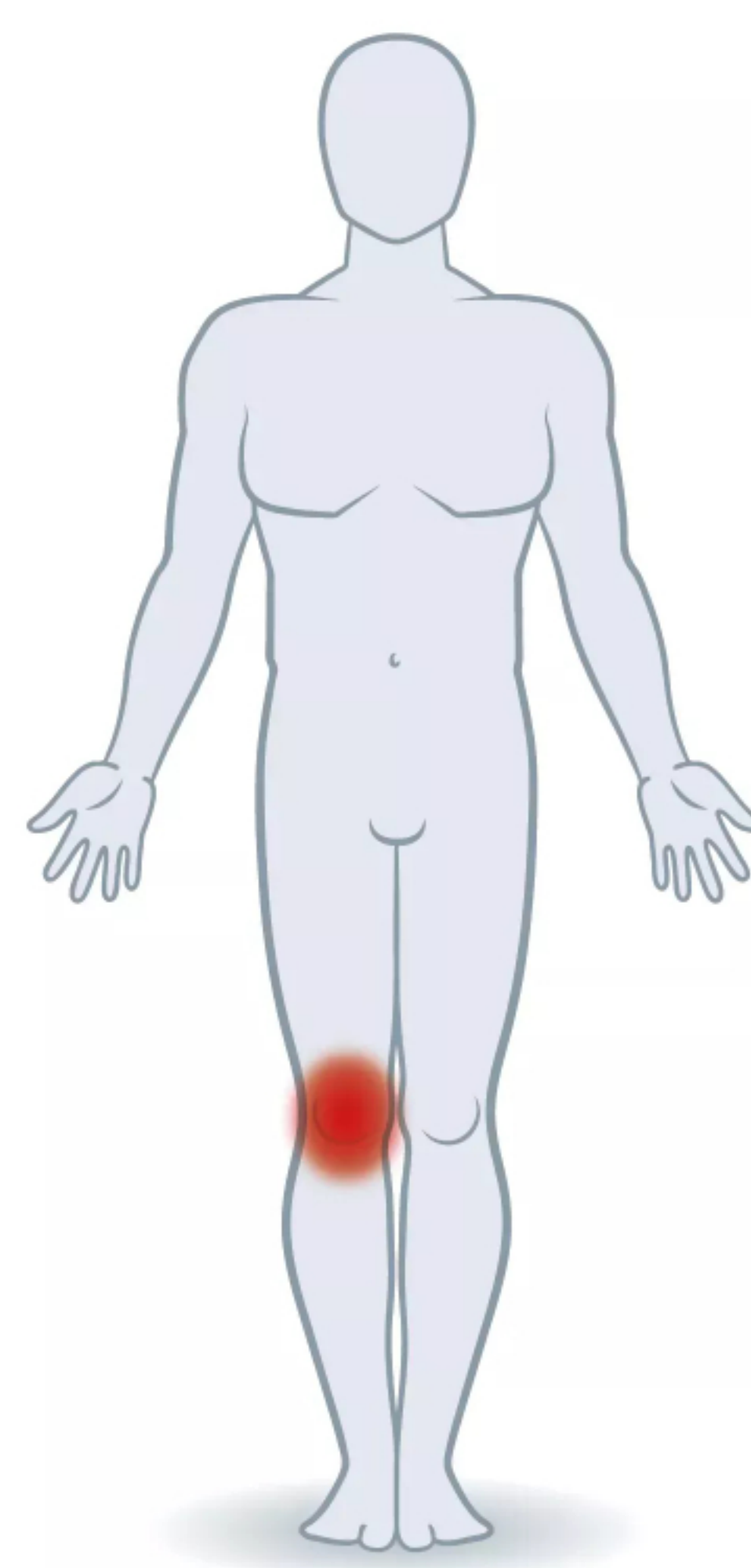
Up to 7 days



\* The lengths of the tape strips are approximate and are based on an average height of 170 cm. The required tape lengths may vary depending on the individual height and specific proportions of the user.

### Pain in the outer knee (knee outer ligament pain)

The knee is a complex joint that enables movements such as walking, running, and jumping. Causes of pain in the outer knee are diverse and can include injuries to the outer ligament, tendonitis, bursitis (mucosal bag inflammation), meniscus damage, or overload from sports activities. Symptoms often include pain on the outer side of the knee, swelling, instability and limited mobility. An outer ligament injury often occurs when abrupt changes of direction or a direct impact on the knee.



### Information

#### General information about knee outer ligament

The outer ligament of the knee, also called **lateral collateral ligament (LCL)**, is an important stabilizing ligament in the knee joint. It runs on the outside of the knee and connects the thigh bone (femur) with the calf bone (fibula). The outer band helps stabilize the knee, especially against lateral forces, and plays an essential role in movements such as walking, running and jumping. A strong muscle and ligament structure supports the outer ligament to ensure the mobility and resilience of the knee joint.

#### Causes of outer knee pain

Pain on the outer knee ligament can be triggered by many factors. Here are some of the most common causes:

- **Outer ligament injury (LCL injury):** Overstretching or tearing of the lateral collateral ligament by direct force or abrupt stopping and changing direction.
- **Iliotibial ligament syndrome (ITBS):** Inflammation of the iliotibial ligament due to overload, common in runners and cyclists.
- **Meniscus damage:** Injuries to the outer meniscus due to rotational movements or heavy loads.
- **Osteoarthritis:** Degeneration of cartilage in the knee joint that causes pain and stiffness.
- **Mucous sac inflammation (bursitis):** Mucous sacs on the outside of the knee can become inflamed when the knee is overused or irritated, leading to swelling and severe pain. Bursitis often occurs through repeated movements or prolonged kneeling.
- **Inflammatory diseases:** Diseases such as rheumatoid arthritis can lead to inflammation and pain in the knee.

#### How does K-Active Tape help with knee ligament pain?

The K-Active Tape provides targeted support for pain of the outer knee ligament by providing stability and relieving the affected area. Due to its elastic properties, it adapts to the movements of the knee without restricting the freedom of movement. This helps to support the muscles and reduce the strain on the joint. The gentle lifting of the skin by the tape improves blood circulation and lymphatic flow, reducing swelling and inflammation. At the same time, the tape stimulates the sensory receptors, which reduces the perception of pain.

### Taping outer knee ligament - Tips



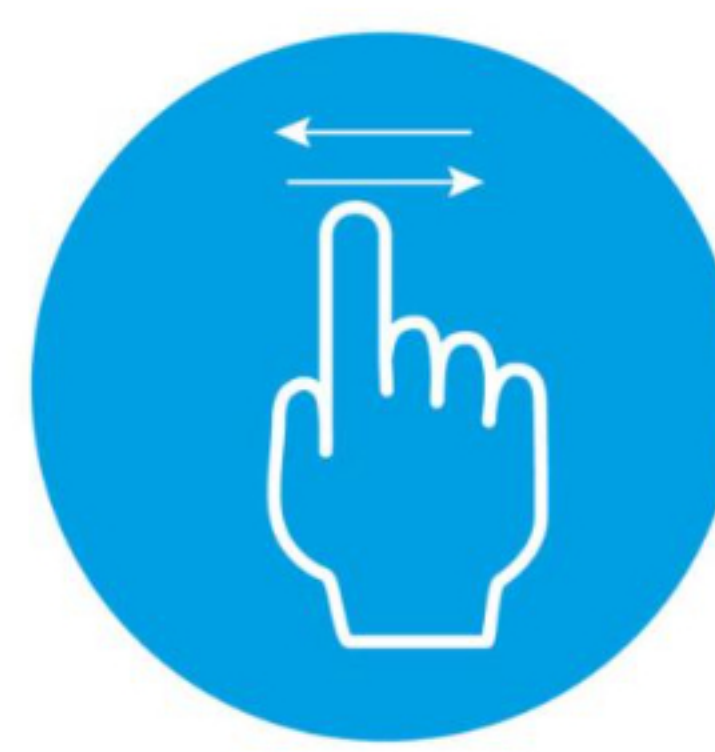
Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying



Do not wear for more than 7 days

### Step by step tape tutorial

[Download instruction](#) ❤️



⇒ 1.

Measure the length of the tape strip by holding the tape from the outside of the thigh to just below the knee.



⇒ 2.

Tear the tape in the middle and apply the base of the tape strip with slight tension (25% stretch).



⇒ 3.

Slowly pull off the release paper of the tape while running the ends of the tape down the outside of the thigh and knee without tension (0% stretch).



⇒ 4.

Apply the second strip of tape in the same way.



⇒ 5.

Allow the ends of the tape to run out again without tension. Smooth over both tapes to activate them and make sure they adhere well.



⇒ 6.

👌 The application for the runner's knee (IT band syndrome) is complete.