

Lymptape knee

K-Active



[↓ Directly to taping lymptape knee guide](#)

Main application area

- Postoperative swelling
- Arthritis
- Lymphoedema

What you need

- 1 tape strip:
- 1 x lymph tape (blue) -> approx. 20 - 25 cm

Duration of application

Up to 7 days



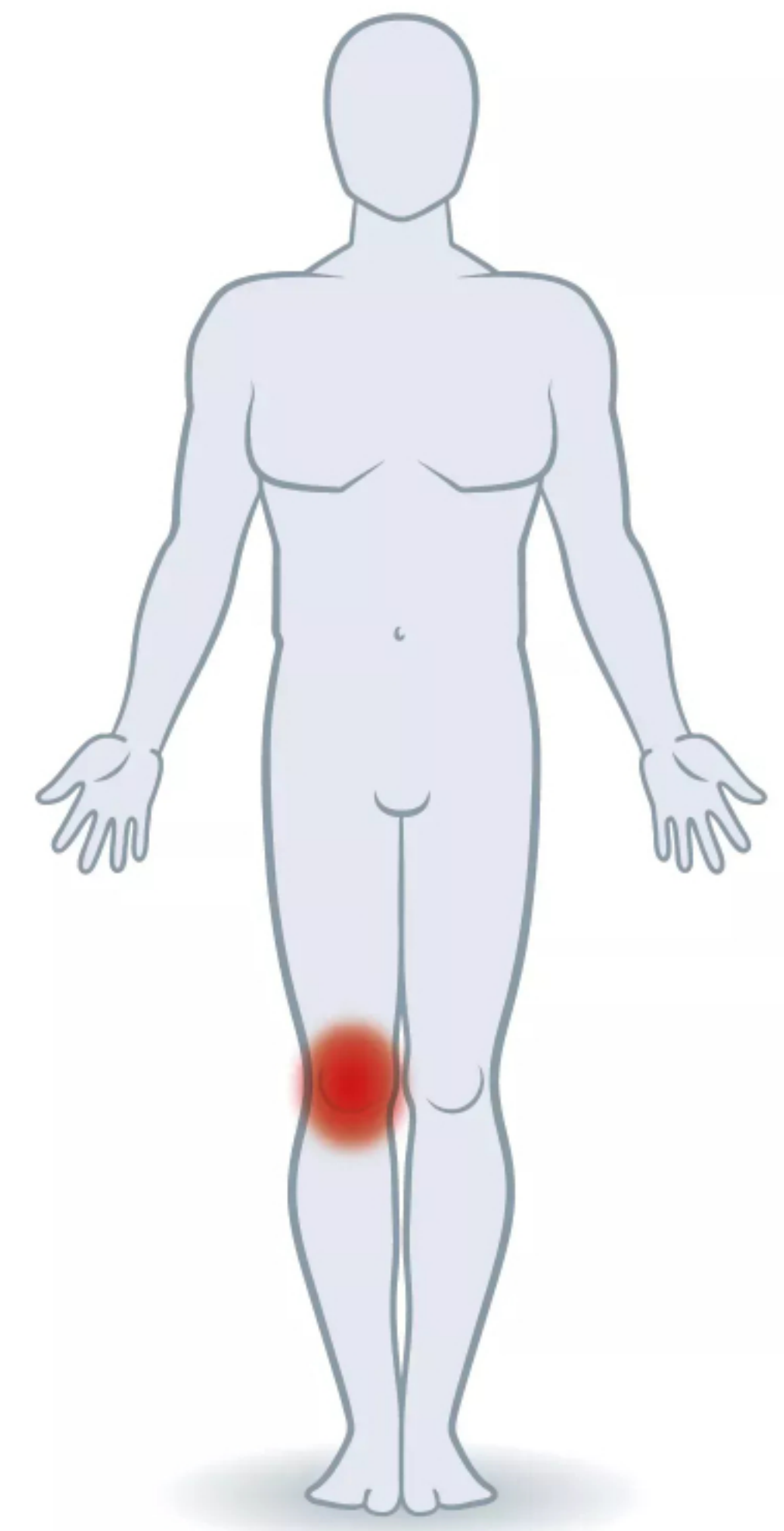
* The lengths of the tape strips are approximate and are based on an average height of 170 cm. The required tape lengths may vary depending on the individual height and specific proportions of the user.

Lymphatic pain

Lymphedema in the knee can cause significant discomfort. Causes of this swelling and pain are often injuries, surgeries, or chronic diseases that interfere with lymphatic flow. **muscle tension, poor posture, overuse or injury.**

Symptoms include:

- Swelling around the knee caused by accumulation of lymphatic fluid.
- Pressure sensitivity and pain in the affected area.
- Feeling of tension in the skin and limited mobility of the knee.
- Chronic inflammation that leads to persistent discomfort.



Information

General information about lymphs on the knee

The **lymphatic system** plays an important role in the human body by removing excess fluids from tissues and supporting the immune system. On the knee there are numerous lymphatic vessels and nodes that provide the drainage of lymph fluid. If this outflow is disturbed, for example due to injuries, operations or chronic diseases, lymphoedema may occur. These manifest themselves in swelling, tension and pain in the knee area.

Causes of lymphoedema on the knee

Lymphoedema in the knee can be triggered by various factors that interfere with the flow of lymph fluid. Here are some of the most common causes:

- **Operations and injuries:** Surgical procedures or trauma to the knee can damage the lymphatic vessels and interfere with lymph flow.
- **Infections:** Bacterial or viral infections can cause inflammation and affect the lymph nodes or vessels.
- **Chronic venous insufficiency:** Insufficient function of the veins can lead to fluid accumulation and lymphoedema.
- **Rheumatic diseases:**

How does K-Active Tape help with lymphoedema on the knee?

The K-Active Tape supports lymphoedema on the knee by promoting lymph flow and reducing swelling. The special application of the tape gently lifts the skin, which improves microcirculation and facilitates the removal of lymph fluid. This technique helps to reduce pressure and feelings of tension. In addition, the tape supports the natural movement of the knee without restricting the freedom of movement, thereby relieving pain and promoting the healing process.

Lymptape knee - Tips



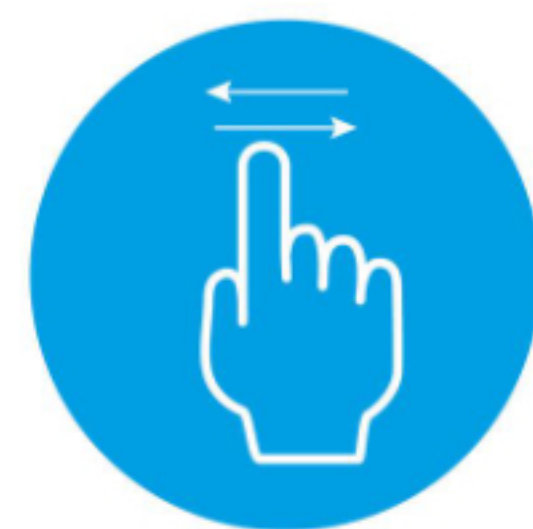
Apply before activity



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 Y-shaped strip of tape with the leg stretched out by holding the tape from just above the knee to just below the knee. Now bend the leg and tape the base of the Y-shaped tape strip **without tension (0% stretch)** just above the knee.



⇒ 2.

Leave the ends with protective paper. Lightly tape the reins temporarily so that they do not hinder you any further.



⇒ 3.

Apply the first tape rein **without tension (0% stretch)** along the outside of the knee. The head of the tape should run directly over the IT band (iliotibial tract)



⇒ 4.

Apply the second tape rein **without tension (0% stretch)**. This should also run along the outside of the knee, parallel to the first rein.



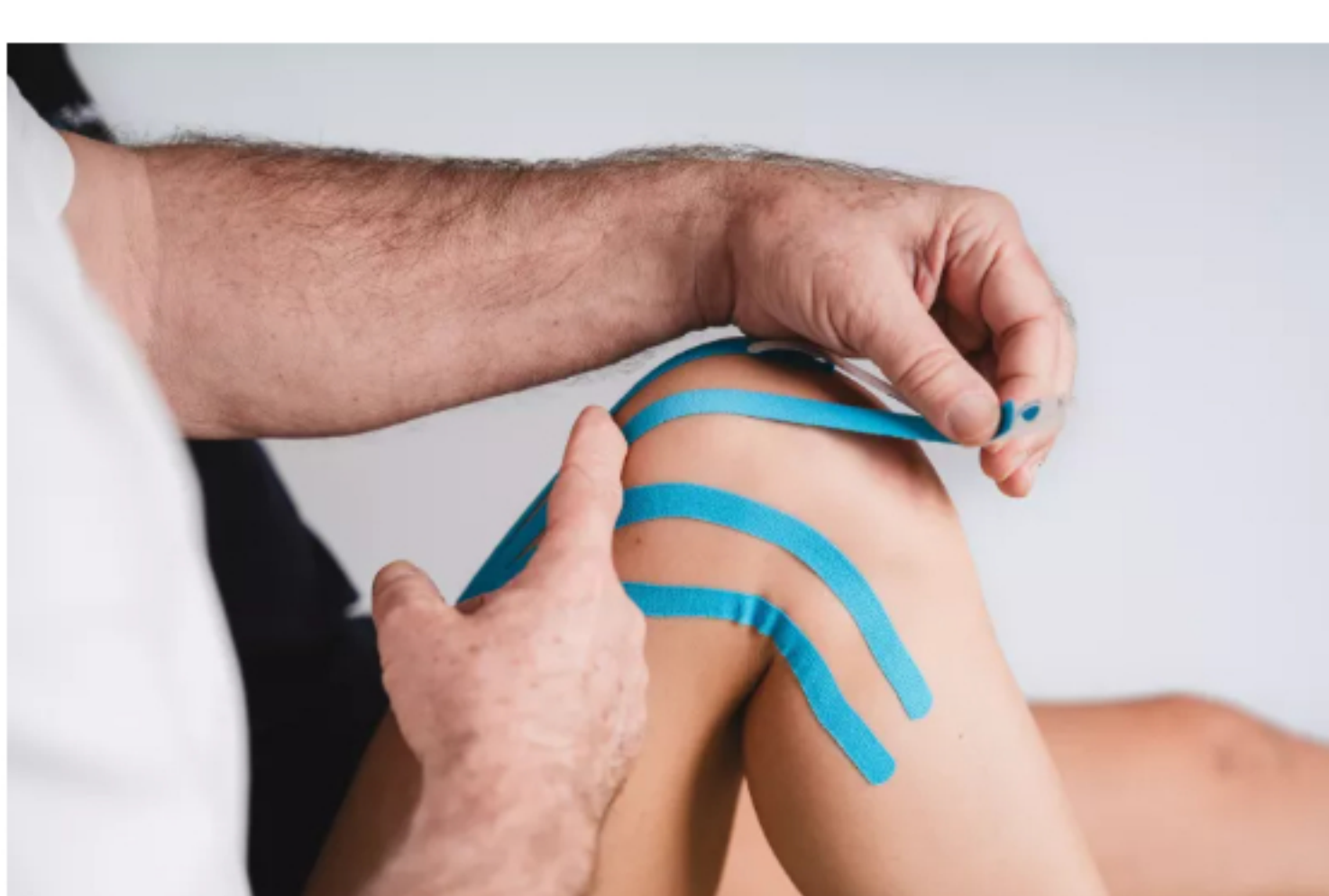
⇒ 5.

Apply the third tape rein by sticking it on slightly offset to the first two reins.



⇒ 6.

Attach the fourth tape rein in the same way.



⇒ 7.

Place the fifth tape rein as well. This should also be offset from the other reins.



⇒ 8.

Same applies to the last tape rein.



⇒ 9.

😊 The lymph tape on the knee is finished.