

# Taping knee

K-Active

[Directly to knee taping](#)

## Main application area

- General knee complaints
- Patello femoral irritation
- Knee stabilization

## What you need

- 4 tape strips:
- 1 x Y-shaped long tape strip (blue)
  - 1 x Y-shaped medium length tape strip (pink)
  - 2 x short tape strip (black)

## Duration of application

Up to 7 days

## Knee pain

We can't function without our knees – because they are the fundamentals supporting our bodies. However, knee pain is a common pain symptom in different age groups. It can occur suddenly or be long-term. Often there is a pulling or straining sensation in the knee, possibly due to **overuse** or **release**. But sometimes **falls**, **injuries** or **incorrect movements** can be the trigger. No matter how knee pain manifests itself, it's important to do something good for your knee.



## Information

### General information

The knee is one of the most complex joints in the human body and is **fundamental to our mobility**. It connects the thigh bone (femur) with the shin bone (tibia) and the kneecap (patella). The knee joint enables **movements** such as **bending**, **extending** and **rotating** the lower leg and is therefore crucial for walking, running and racing.

### Causes

Almost everyone is familiar with knee pain. A variety of causes can contribute to it. Here are some common reasons for knee pain:

- Injuries:** Traumatic injuries such as sprains, strains, torn ligaments or meniscus tears can cause severe knee pain.
- Osteoarthritis:** Degenerative joint disease osteoarthritis can cause cartilage breakdown in the knee over time. This can cause chronic knee pain in the long term.
- Overuse:** Excessive stress from intense sports or constant standing, can bring on fatigue and pain in the knee.
- Inflammation in the knee:** Inflammatory conditions such as rheumatoid arthritis can trigger discomfort in the knee joint.
- Meniscus damage:** The meniscus is a cartilaginous structure in the knee between the femur and the tibia. Injury to the meniscus and a meniscus tear can cause pain.
- Misalignment of the knee:** Misalignments of the legs or pelvis, either congenital or acquired over time, can increase the load on the knee and cause pain.

### How does K-Active Tape help against knee pain?

The tape application on the knee with the K-Active Tape is a useful support for knee pain. It stabilizes the knee joint by applying light pressure and partially limiting mobility, which can reduce pain. By promoting blood flow to the affected area, it can contribute to faster healing. In addition, the tape supports the surrounding muscles, giving the knee joint the stability it needs.

## Taping 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](#)

## Musculus quadriceps



→ 1.

Apply the base of the blue tape strip to the upper third of the thigh.



→ 2.

Bend knee into maximum flexion and remove release paper gradually until incision is made.



→ 3.

Apply the tape up to the incision with a slight stretch (25%). At the same time, pull off the remaining area of the release paper to the ends.



→ 4.

Place the first rein along the edge of the patella (kneecap).



→ 5.

Repeat step 4 for the other side.



→ 6.

To activate it, rub over the tape. The first application is ready!

## Knee bandage



→ 7.

After steps 1 to 6, attach the base of the pink tape strip to the tibial tuberosity (tibial prominence).



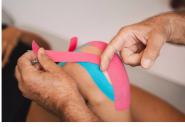
→ 8.

Pull off the release paper up to the incision.



→ 9.

Stretch the small area between the tibial tuberosity (bone process at the upper end of the tibia bone) and the tip of the patella. You can apply slight stretch (25% stretch) on it.



→ 10.

Let the tape ends run out without tension.



→ 11.

There you have it, the application of the pink tape!



→ 12.

Measure the black tape strip while the leg is fully extended.



→ 13.

Stretch the tape according to the position of the knee joint. The first contact occurs at about 60-degree of flexion.



→ 14.

Apply the tape with light tension (25% stretch). Apply the ends without stretch.



→ 15.

Hold the tape on the side of the knee at the right place.



→ 16.

Place the second black strip around the knee with a slight stretch (20%). Attach the tape ends without tension.



→ 17.

You did it! Your knee application is completed.