



KOMO know how
Knee Taping 1:
an easy application guide

KOMOTape
Support in motion



For everyday walking and other low to medium impact exercise and sport

An easy application guide for knee taping when the **hip flexor** and **iliotibial band (ITB)** down the side of the leg are tight and contributing to knee pain.

KOMO Physio tape was designed to help **PROMOTE** movement, **IMPROVE** performance & **RESTORE** function to the injured body.



Watch the Knee Taping with KOMO Tape video guide

Always apply the tape to clean, dry skin

Remove if skin becomes irritated.

Apply KOMO tape at least **30 minutes before exercise.**

(This helps the tape stick for longer.)

- **Place a foam roller** or rolled towel **under the knee** before taping
- **Cut a 70 cm strip**
- **Secure the tape** at the **outer tight hip flexor muscle**
- **Slide the tape down the outside of the leg** to cover the iliotibial band, also known as the ITB
- As you approach the kneecap, **gently push it towards the inside of the leg and tape around the kneecap.**

This will help the kneecap remain in its groove better and therefore help alleviate knee pain

- **Rub vigorously for 10 seconds** to help adhere to the skin
- **Stretch the tape about 50%** but do not distort the pattern on the tape otherwise too much stretch has been applied

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