



For everyday use; including low and medium levels of exercise and sport

An easy application guide for **knee taping** when there is **pain below the kneecap** or **pain on the outside of the kneecap** and surrounding area

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.)

- **Best done in sitting position**
- The **left knee method** requires a **10cm** strip only
- Tear the tape in the middle and **stretch across below the kneecap**  
Apply a second strip across if needed
- The **right knee method** requires a **15cm** strip only
- Tear the tape in the middle of the strip and **gently push the kneecap** towards the inside of the leg as you **form a "C" shape** with the tape  
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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