



KOMO know how
*Thigh Taping:
an easy application guide*

KOMO Tape
Support in motion



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

An easy application guide for **thigh taping** when there is **muscle pain** or **soreness** in the thigh following **muscle strain**, **bruising** or **overuse injury**.

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



Watch the Thigh 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 taped in sitting position** or place the foot on a chair to tape the leg while standing
- **Cut a 20 cm strip** with rounded edges
- **Secure the tape at the lower thigh** and **stretch up towards the hip** to help **lift and support** the muscle
- **Cut a second 10 cm piece** and **form a “cross”** at the pain point so that the pain area is covered by both layers of the tape
- **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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