

KNEE TAPING TUTORIAL

Basic four-step support taping sequence

1 Step 1 — Apply pre-wrap and anchor strips



Place pre-wrap around the knee.
Apply anchor strips above
and below the joint.

2 Step 2 — Apply support strips



Apply support strips from the upper anchor
to the lower anchor to reinforce the knee.

3 Step 3 — Add X-support



Add crossing strips in an X-pattern
to improve support and limit
unwanted movement.

4 Step 4 — Close, secure, and check fit



Cover loose edges with closure strips.
Check comfort, circulation, and support
before activity.



IMPORTANT: Tape should feel snug and supportive, not tight or painful.
If you experience numbness, tingling, or discoloration, remove and retape.

