



Strapping Tutorial

# The Knee d<sup>3</sup> k6.0 tape Video #14

stabilisation of the kneecap (patella) and support for the patella tendon

### EQUIPMENT:

- 1 roll 50mm d3 Kinesiology Tape
- \*d3 adhesive spray (optional)



### TOP TIPS

d3 K-Tape is latex-free and hypoallergenic, meaning adverse skin reactions are very rare and tape can be worn for days on end, possibly helping to speed up the rehab and healing process.

Avoid taping onto wet, hairy or heavily moisturised skin, as this can affect adhesive qualities of any tape used.

Cut tape with sharp scissors, or d3 tape cutting scissors, to avoid fraying.

Round off the edges of the tape ends with tape scissors/scissors to help prevent tape from being peeled off the skin through abrasion.

d3 K-tape sticks best when applied directly onto the skin, rather than onto other tape.

K-tape tape is stretchy and designed to move and react like a second layer of skin. Try to handle and place the tape carefully and avoid touching the adhesive side of the tape wherever possible.

The anchor strips, at each end of the tape, should always be applied under no stretch.

The backing tape paper can be ripped/split, but not immediately removed (until needed to) to help handle the tape and avoid touching the adhesive side.

### PREPARATION

'Y' Tape Strips: Cut two strips of d3 Kinesiology tape 20-25 cm.

Cut each tape two-thirds the length of the strips and down the middle of the tape (lengthways). 0.23

Round off all end edges of the tape using sharp scissors. 0.30

Decompression (lateral) Tape Strip: Cut one length of K-Tape 15-20 cm approx.

Round off the two tape end edges using sharp scissors.

(If using d3 adhesive spray, spray the area to be taped lightly and allow the area to get tacky by leaving it for 30-seconds to air dry.)



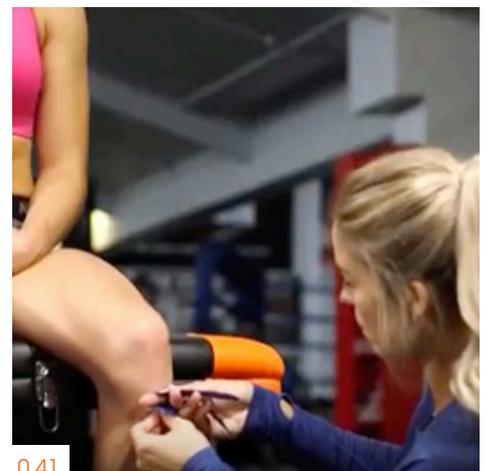
0.23



0.30

**01.** Rip and remove the backing tape below the end of the scissor-cut split to help place the initial anchor point.

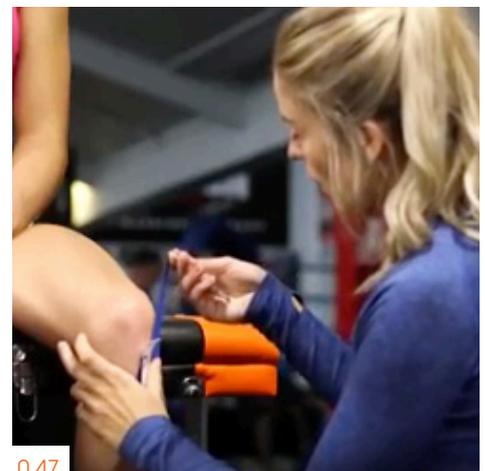
**02.** Place the anchor, under no tension/stretch, 5-10 cm below the middle of the base of the kneecap (Patella) and the Patella Tendon on to the shin bone (Tibia). 0.41



0.41

**03.** Remove the backing paper from the nearest narrow strip and, still pressing down the anchor, stretch and apply the narrow tape strip around the outside (lateral) part of the kneecap (Patella), following the curve of the kneecap around, up and slightly across the lower part of the thigh (quadriceps muscle). Use a stretch of between 30-60%. 0.47

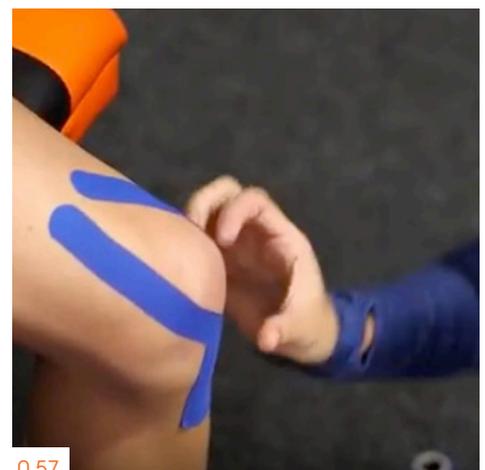
**04.** Ensure the top anchor point is applied under no stretch.



0.47

**05.** Repeat steps 3-4 with the other narrow tape strip (blue), this time on the inside (medial) aspect of the the knee and thigh (quadriceps). 0.57

**06.** Rub the tape and press it down with hands, or the discarded backing tape paper, to ensure the glue activates and adhesion is firm.

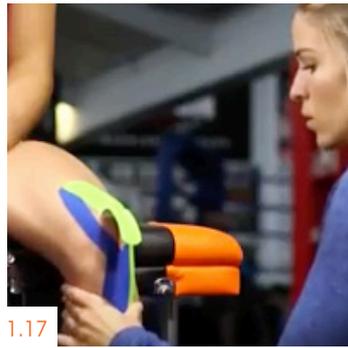


0.57

## INVERTED Y-STRIP #2 (GREEN IN VIDEO):

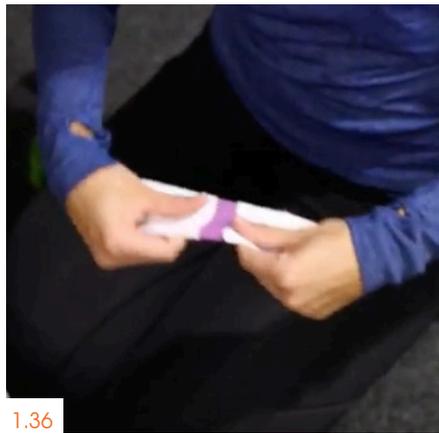
**07.** Repeat steps 1-6 but this time starting to working from above the kneecap to below the kneecap, creating an inverted (upside down) 'Y' shape tape placement.

1.07 / 1.17 / 1.22 / 1.26



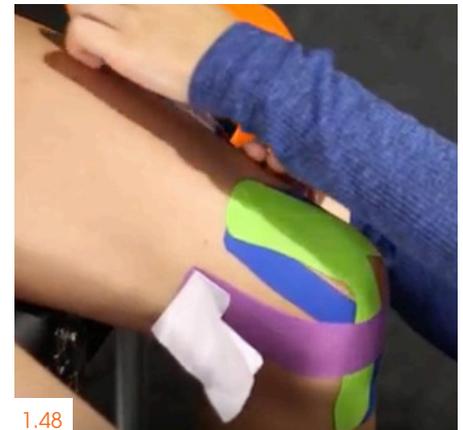
**08.** Tear the backing tape across the middle of the strip to expose the initial anchor position/tape. 1.36

**09.** Place the anchor directly onto the base of the kneecap and over the patella tendon. 1.44



**10.** Stretch the tape (30-60%) and place symmetrically up and around the inside (medial) and outside (lateral) aspect of the kneecap and then up the inside (medial) and outside (lateral) parts of the thigh muscles (quadriceps). 1.45

**11.** Place both anchor points down under zero stretch. 1.48



**12.** Rub the tape and press it down with hands or the discarded backing tape paper to ensure the glue activates and adhesion is firm. 1.50



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