



Strapping Tutorial

The Knee d³ k6.0 tape Video #1

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

EQUIPMENT:

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



D3 Tape contains latex-free adhesive
and is hypoallergenic.

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.

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

Cut with sharp scissors or tape cutting
scissors to avoid fraying. Round off the
edges of the tape ends with scissors
to help prevent tape from being
peeled off the skin through abrasion.

d3 K-tape sticks best when applied
directly onto the skin

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

Cut two strips of d3 K-tape. #1: Shin bone (Tibia)
to thigh (Femur) - 25-35cm approx & #2: across
the patella/kneecap - 10-15cm approx.

(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.)

01. Ensure that the athlete's knee is slightly
flexed (bent) prior to taping.

02. TAPE STRIP #1: Cut the K-tape to the
required length (below the knee to mid-
thigh) allowing for the fact that it will
be stretched (longer) by around 10% on
application. 25-35cm for an adult is a good
general guideline.

03. Tear the ends of the backing tape (but
don't remove them yet) about 10cm from
each end of the tape to create the anchor
points for the start and end of the taping
procedure.



04. Remove the backing tape from the first (lower) anchor point and place
5-10 cm below the kneecap (patella) onto the top of the shin bone (Tibia).
There should be no stretch on the anchor tape. **0.14**



0.14

05. Peel back the long middle part of the backing tape, but leaving the end
(top) anchor backing tape in place.

06. Stretch the k-tape 25-50% (personal preference) and place directly over
the middle of the kneecap (patella) whilst holding down the starting anchor
tape and continue up the middle of the thigh. **0.18**



0.18

07. Remove the backing tape from the second anchor and place down on the skin with no stretch.

0.19



0.19

08. TAPE STRIP #2: Tear the ends of the two anchor strips and peel away the middle part of the adhesive backing tape to expose the adhesive side. Holding the anchor ends place the centre of the tape directly over the middle of the base of the kneecap (patella) and stretch it 50-90%. 0.23

Angling the tape up the inside and outside of the lower thigh place onto the skin without creasing the tape. 0.25



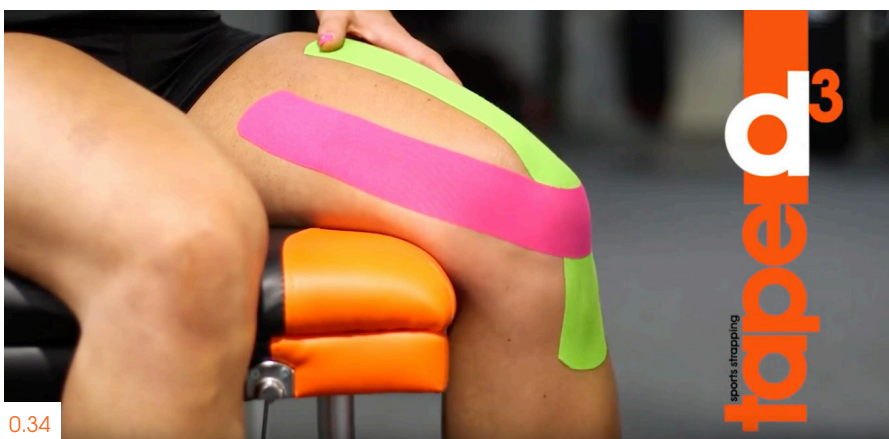
0.23

09. With zero stretch on the anchor strips, remove the backing tape and place both anchors down.



0.25

10. Rub all of the applied tape down, with the hand, or the removed backing paper, to help fully activate the glue and increase adhesiveness. 0.34



0.34

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