



QUAD PAIN

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The quads are the large set of powerful muscles that span the front of the thigh from the hips to the knees and act as hip flexors and knee extenders. Strains involving microtears, cramping, and tightness can be felt when the quads are injured or not performing properly. Causes of quad pain may include overuse, dehydration, muscle strains or tears, impact on the muscle, or rapid deceleration. KT Tape helps treat this condition by supporting and relaxing the involved muscles.

BEFORE YOU START

YOU WILL NEED

2 strips of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

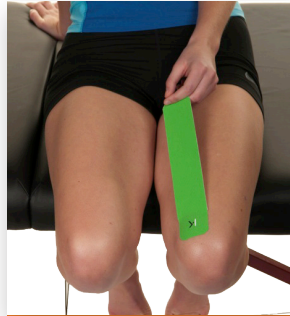


BODY POSITION

Stretch the quad



STRIP ONE



0% STRETCH

ANCHOR: full strip of tape without stretch on inner quad two inches above knee



25% STRETCH

APPLY: tape up quad with 25% stretch



0% STRETCH

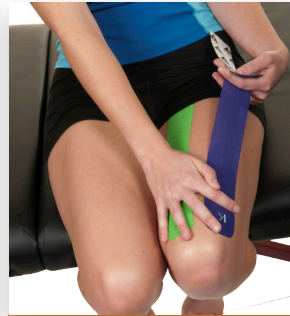
FINISH: lay last two inches down without stretch

STRIP TWO



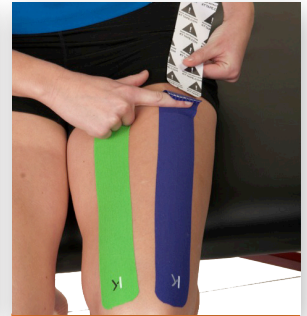
0% STRETCH

ANCHOR: full strip on outer quad two inches above knee without stretch



25% STRETCH

APPLY: tape up quad with 25% stretch



0% STRETCH

FINISH: lay last two inches down without stretch



WATCH THE VIDEO
kttape.com/instructions/quad