

PATELLAR TAPING TECHNIQUE

General Guidelines:

- Shave affected knee of any body hair.
- Make certain that area to be taped is clean, preferably with alcohol.
- Do not apply body lotions or oils to area.
- Pay close attention to area when removing tape - make certain to remove unwanted tape residue.
- Stop application if condition worsens or skin rash/allergic reaction appears.

Method 1:

- Cut two strips of white tape, equal in length, reaching approximately one inch lateral to the kneecap to behind the knee. Place the first strip on the top half of the kneecap, the second on the bottom half, such that the strips overlap about 1/4". This tape does not provide tension, only a skin barrier.
- Take one strip of brown tape and place it over the kneecap, beginning on the lateral border. Place one hand on the inner thigh, just above the knee; the other hand will hold the tape. With the tape securely fastened, pull up towards the ceiling with the upper hand, while pulling the tape with the opposite hand towards the uninvolved leg. This tape provides tension on the kneecap.



- A large crease of skin should be created just to the inside (medial) of the kneecap. Remember to pull the brown tape to the inside, then around to the back of the knee.

Method 2:

- Follow the steps in method 1 for application of the white tape.
- The brown tape will be placed in the middle of the kneecap rather than on the lateral border.
- Complete the technique as in method 1.

