

Knee taping

- Remember pain for more than 3 days needs attention from a physio. You should not train if it hurts to run on the injured site.

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Knee taping for a MCL (medial collateral ligament) tear

- Lower leg anchor x 1
- Thigh anchor x 1
- Medial crosses x 1-2
- Medial straight lines x 1-3
- Repeat lower leg anchor x 1
- Repeat thigh anchor x 1

Knee taping for a LCL (lateral collateral ligament) tear

- Lower leg anchor x 1
- Thigh anchor x 1
- Lateral crosses x 1-2
- Lateral straight lines x 1-3
- Repeat lower leg anchor x 1
- Repeat thigh anchor x 1

Knee taping for a meniscal tear

- Thigh anchor x 1
- Lateral crosses x 1-2
- Medial crosses x 1-2
- Lateral straight lines x 1-3
- Medial straight lines x 1-3

Anchors:

- Start with knee at approx. 30 degrees of bend
- Lower leg anchor: Find the bony knob at the top of your shin bone then place a strip of tape around the leg at this level
- Thigh anchor: Place a strip of tape around the thigh about 5 cm above the top of the kneecap
- Both layers of tape should be gently applied as not to restrict circulation



PHYSIOTHERAPY

HEADACHE TREATMENT

BACK AND NECK CARE

SPORTS INJURIES

EXERCISE PROGRAMS

ORTHOAEDIC
REHABILITATION

CLINICAL PILATES

WOMEN'S &
MEN'S HEALTH

MUSCULOSKELETAL
ASSESSMENTS

TMJ (JAW) TREATMENT

ORTHOTICS

ACUPUNCTURE

MASSAGE THERAPY

WORK RELATED INJURIES

MOTOR VEHICLE INJURIES

CARE PLANS

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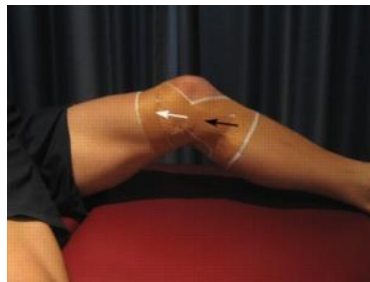
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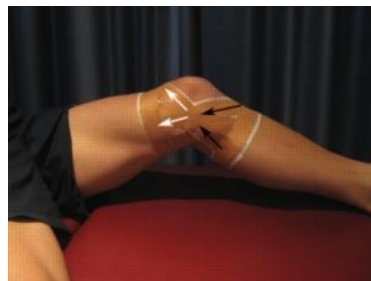
Medial Straight lines:

- Start the tape at the bottom anchor, place it straight over the inside of the knee and attach the tape to the top anchor in the direction shown by the arrow
- This is on the inside of the knee



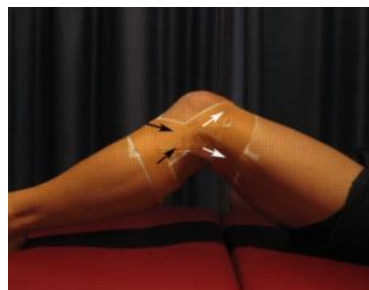
Medial Crosses:

- Start the tape at the bottom anchor, cross the outside of the knee and attach the tape to the top anchor in the directions shown by the arrows
- This is on the inside of the knee



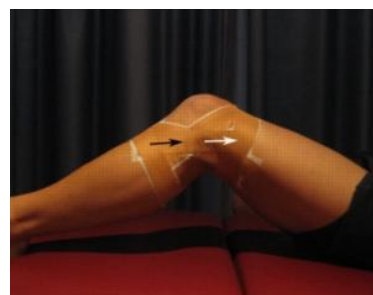
Lateral Crosses:

- Start the tape at the bottom anchor, cross the outside of the knee and attach the tape to the top anchor in the directions shown by the arrows
- This is on the outside of the knee



Lateral Straight lines:

- Start the tape at the bottom anchor, place it straight over the outside of the knee and attach the tape to the top anchor in the direction shown by the arrow
- This is on the outside of the knee



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