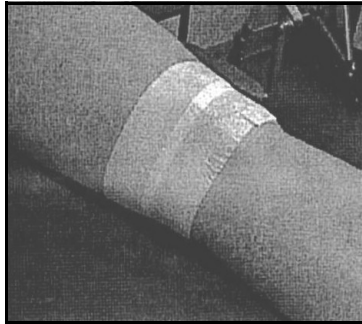
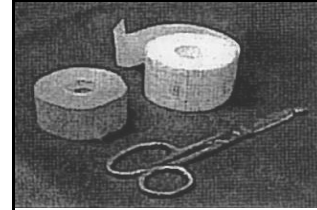


Patellar Taping Instructions



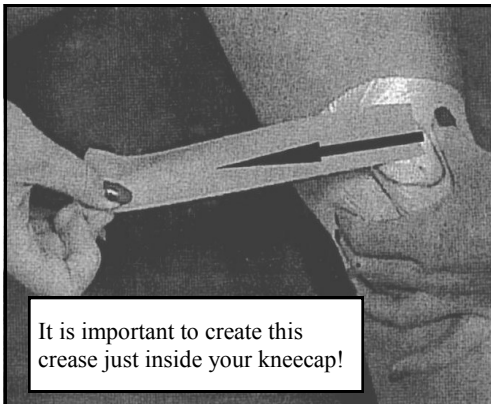
Foundation Tape:

This is the first step for all types of taping. First place 2 or 3 strips of the white tape on your skin. Start 1 inch outside and slightly above the kneecap. Lay tape so that it extends inside and around the back of the knee. Overlap 2nd piece halfway along first



Materials Needed:

- Brown Tape (Leukotape)
- White Tape (Cover Roll)
- Scissors



Patellar Glide

1. Cut a piece of brown tape approximately 2 inches less than the white
2. Place one strip just inside the outside border of the kneecap, slightly above the top edge. Hold onto the other end of the tape with your hand and pull it to the inside of your knee.
3. With your other thumb push the knee cap in the direction of the tape while pulling the skin up with your index finger.
4. Lay the tape down as you maintain tension across the tape

It is important to create this crease just inside your kneecap!



Patellar Tilt

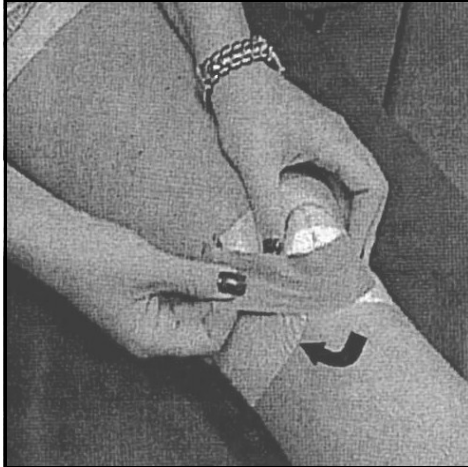
- Apply patellar glide first
- Combine patellar glide technique with this as shown by your therapist

1. Cut a piece of brown tape approximately 2 ½ inches shorter than the white tape and place one end on the middle and slightly above your kneecap.
2. Hold onto the other end of the tape with your hand and maintain firm tension toward the inside of the knee.
 - Make crease in skin as in patellar glide.
3. Push down on the inside of the kneecap with your opposite thumb.
4. Lay down the tape while maintaining downward pressure.

If you have any questions regarding your taping, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist _____ Ext: _____

HOME EXERCISE PROGRAM

 **Patellar Rotation**

-
- Apply patellar glide first

1. Cut a 3-4 inch piece of brown tape.
2. Place one end of the tape on the bottom, outside part of your kneecap.
3. Hold onto the other end of the tape with your hand and pull up and across in the direction of that arm.
4. Manually rotate kneecap, as shown, as you lay down the tape.

Important Tape Wear Instructions:**Wear the tape:**

- All day long
 - During painful activity
 - During sport/exercise
 - During home exercise program
- Wean yourself off the tape and only use as needed to relieve pain.

Apply a film of antacid on skin if you notice skin irritation from the tape. If skin is broken out, stop taping and call your therapist.