

KINESIOLOGY TAPING FOR SPORT

RUNNER'S KNEE

SPORTTAPE 



GETTING STARTED

This is a tried and tested application for anyone suffering with anterior knee pain. It is especially prevalent in runners, due to the reaction forces the knee has to withstand when pounding the pavements.

This application is designed to stabilise, and then lift the patella. Moving it away from the position that's causing the pain. You'll know you've achieved the lift when the skin around the knee 'puckers' and wrinkles.

It's not the most attractive, but it works.

Always remember not to "tape by numbers" and use your own clinical reasoning for every application.

ROB MADDEN

Rob is a Physiotherapist and Performance Coach for Hintsa Performance, working in Formula One and Private Practice.



THE FOUNDATIONS

YOU WILL NEED: EXTRA STICKY KINESIOLOGY TAPE & TAPING SCISSORS



1

PREPARE FIRST STRIPS

Measure 2 strips from 5-10 cm above to 5-10 cm below the knee. Round the corners to prevent the tape from catching on clothing.



2

PATELLA WRAP

Rip the backing paper to reveal a small tab at one end of the tape. Stick the tape just below the knee, aiming the tape slightly towards the inside of the knee.

Bend the knee to 45°, peel the middle section of backing paper away and stick the tape down, following the curve of the knee.



THE SUPPORT

THE STRETCH PROPERTIES OF KINESIOLOGY TAPE MAKE IT THE PERFECT OPTION FOR THIS KNEE APPLICATION

3

SECURE PATELLA

Keeping the knee bent, repeat step 2 on the opposite side of the patella.

Follow the curve of the knee, finishing by slightly overlapping your first strip.

When you straighten the knee, you will see the skin beginning to fold.



4

PREPARE PATELLA LIFT

Measure another strip across the knee, and round the corners.

Rip the backing paper into 3 sections and remove the centre piece.



Quick Tip:

Fold the tape in half to round both corners at the same time.

THE LIFT

TEST YOUR ATHLETE'S PAIN BEFORE PERFORMING THE LIFT. YOU MAY NOT NEED IT.

6

PATELLA LIFT

Starting with the leg straight, apply a 50% stretch to the middle of the tape and stick the tape down, aiming directly underneath the patella.

Apply the tape with an upwards force to the patella.

After you have applied the middle section of tape, bend the knee to 45°, keeping the tabs on the edges of the tape free.

Lay the remaining tape down with no stretch.

When you re-straighten the leg, you will notice a folding of the skin around the knee.



QUICK TIP:

Bend the tape around the bottom of the patella as you apply in order to create upwards force.



QUICK TIP:

Get the athlete to perform hops, single leg squats or lunges to check pain after applying.



THE FINISH

THIS IS HOW THE PERFECT RUNNER'S KNEE APPLICATION SHOULD LOOK



Please let us know how you get on with the application. If you have any questions or suggestions don't hesitate to get in touch.

We've taped thousands of knees but we're still learning and evolving.

We're here to support you and your athletes. It's our passion and we've built SPORTTAPE on providing honest practical advice, and products that work.

For your taping needs visit: www.sporttape.co.uk