

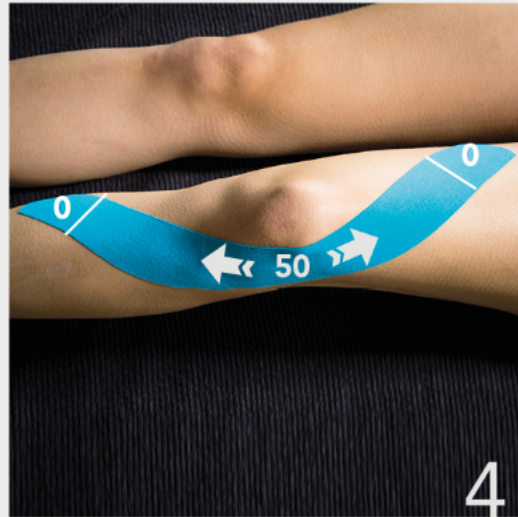
## Kniegelenk var.1 – Basistape



Tape 1

Länge des Tapes: Mitte Unterschenkel bis Mitte Oberschenkel. Knie leicht anbeugen

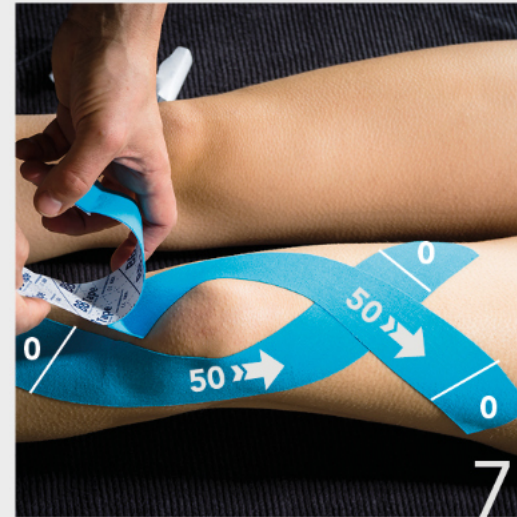
Tape length: mid lower leg to mid thigh. Bend the knee slightly



## Knee joint var.1 – base tape



Tape 2



Fertig!

That's it!