

# Patellar Femoral Pain Syndrome – Kinesiological Taping

There are several different brands of kinesiology style tape. I have had luck using Kinesio Tape and Mummy Tape brands. There are many other useful taping techniques which utilize different forms of tape. Below is an example of one method I use to tape for Patellar Femoral Pain Syndrome (PFPS).

Be sure to round the corners of the tape prior to applying. This helps to keep it from catching on clothing. The tape is heat activated. This means it gets stickier as it warms up to your body temperature. **Apply the tape at least 30 minutes prior to activity.** The tape can get wet as long as you allow it to dry thoroughly. You could even use a hair dryer. Remember that the tape becomes very sticky, so please refer to **Skin Care with Taping.pdf** to insure proper application and removal.

<p style="text-align: center;"><b>Kinesiological Taping for Patellar Femoral Pain Syndrome</b></p> <p>I marked the upper part and lower part of my patella (knee cap). Keep the knee straight and relaxed. The tape will be applied directly over the patella.</p>	
<p style="text-align: center;"><b>Tape Application – Stage One</b></p> <p>Round the corners of the tape. Remove approximately 1 inch of the backing on the tape. Without stretching it, apply the 1 inch section of tape starting just to the outside portion of the patella.</p>	
<p style="text-align: center;"><b>Tape Application – Stage Two</b></p> <p>Remove the backing on the tape--except for approximately 1 inch at the end. Stretch the tape to its maximum stretch, and then back off the stretch approximately 25%. Your goal is to apply the tape directly over the patella with approximately 75% of its maximum stretch.</p>	
<p style="text-align: center;"><b>Tape Application – Stage Three</b></p> <p>Remove the remaining backing on the tape, and apply without stretch to the inner portion of the leg. Make sure that the tape is securely fashioned to your skin. You may want to rub it back and forth briskly to heat up the tape, which will increase its stickiness. <b>The tape should be applied at least 30 minutes prior to exercise.</b> The purpose of the tape is to assist the patella in tracking inwardly (medially). If this technique worsens your pain, please remove the tape and try again. If it still increases your pain, do not utilize this technique until speaking with a medical or sports professional.</p>	