

Osgood-Schlatter Disease – 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 Osgood-Schlatter Disease.

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. Please refer to **Skin Care with Taping.pdf** to insure proper application and removal.

Kinesiological Taping for Osgood-Schlatter Disease

I marked the lower part of my patella (knee cap) with the curved line and the Tibial tuberosity with a dot. Keep your knee bent. The tape will be applied directly over the Tibial tuberosity, below the patella.



Tape Application - Stage 1

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 right over the Tibial tuberosity. I have marked it with a dot (as shown).



Tape Application - Stage 2

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%. Apply the tape with 75% of its maximum stretch. Your goal is to apply the tape directly over the Tibial tuberosity to form a "X" pattern.

