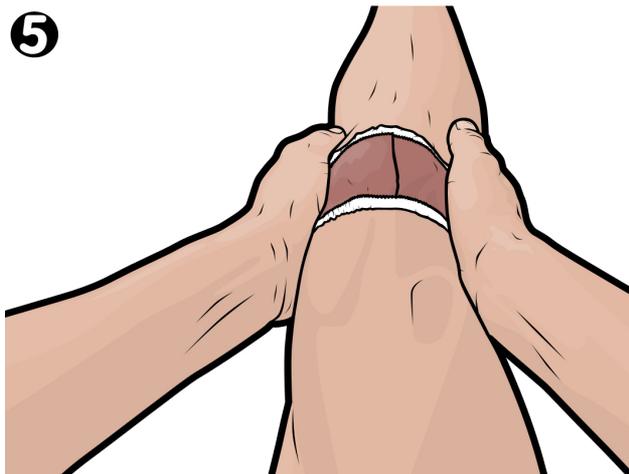
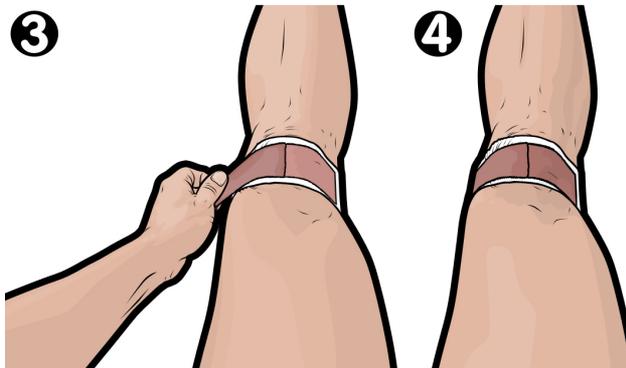
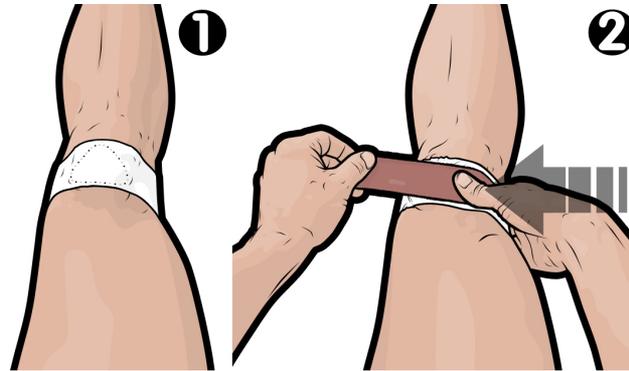


Patellofemoral joint syndrome is a term used to describe pain that is located in and surrounding the knee-cap. Patella strapping can be a useful adjunct to your physical therapy treatment, especially when it comes time to return to activity. There are several patella strapping techniques. This sheet details one method that is effective in quickly reducing patellofemoral pain and is relatively easy to apply.

The diagrams in this information sheet are a view of the knee as seen by someone strapping their own knee.

1. Sit on the floor with your leg straight out in front of you and your back supported. If you have some under-wrap, apply a strip from the outside of the knee, over your knee cap, to the inside of your knee. (In this diagram, the knee cap is outlined with a dotted line).

2. To apply a medial glide: Using a strip of rigid strapping tape, start the tape on the outside of your knee and stick it onto your skin / under-wrap up until the outer border of your knee cap. Using your free hand, gently push your knee cap towards your other knee (arrow), maintaining this glide by pulling the tape taught. Now, stick the tape down on the inside of your knee. Skin creases should be present on the inside of your knee cap.



3. To apply a medial tilt: Using a shorter strip of rigid strapping tape, start the tape in the middle of the knee cap and apply tension downwards, sticking the tape down on the inside of the knee.

4. Fasten the ends of the strapping tape by applying a small length of tape over either end of the strapping. This diagram is what the finished strapping should look like.

5. Use your hands to apply a firm fixation over each end of the tape as you slowly bend and straighten your knee a few times. This will make it easier to bend your knee in the initial stages while the tape is quite firm.

Tips & Care Instructions:

- Ideally, you should shave the area to be strapped prior to applying the tape.
- Skin creases should be present under the strapping tape on the inside of the knee. This ensures you have applied a firm enough medial glide of the knee cap.
- Wetting the tape first (e.g. having a shower) may make it more comfortable to remove after activity.
- If strapping your patella regularly, watch out for possible skin irritation. If skin irritation develops, discontinue strapping.