

MCCONNELL TAPING

For instructional videos of this protocol, visit sportsrehab.ucsf.edu



Prep

Start in a long-seated position with your leg relaxed. Find your patella. Measure and cut two strips of Cover-roll tape or another thin elastic tape to cover the width of your knee and protect your skin. Place strips over the knee joint, overlapping each other.



Lateral to Medial

Place Leukotape or other high tensile strength tape on the outside border of the patella and firmly pull it towards the inside border of the patella.



Tilt

To tilt the patella, place Leukotape or other high tensile strength tape on the outside border of the patella. Firmly press down on the patella to lift the knee cap and lay the tape on the inside border of the patella. Reverse the direction of the tape and tension to tilt your patella in the opposite direction.