

# Tendon Trak™

## Directions for Use

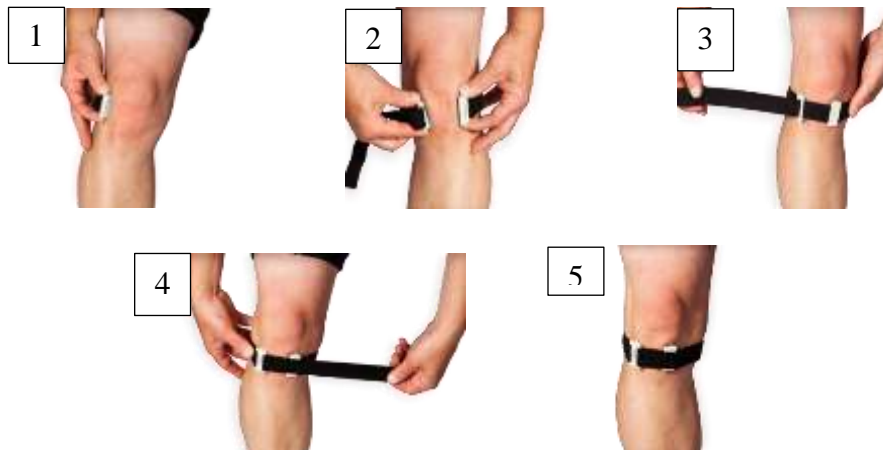
### Patellar Tendinitis / Anterior Knee Pain

With your leg straight and your thigh muscle relaxed, place the Tendon Trak™ marked pad along the outside of the tendon below the knee cap (1).

Wrap the strap around the back of the knee, and slide the adjustable pad so that it rests along the inside of this tendon [the sore tendon should be between the two pads (2)].

Feed the free end of the strap through the Tendon Trak™ marked pad(3) then back over the adjustable pad onto itself, compressing the irritated tissue between the pads with a comfortable amount of tension(4).

**\*IMPORTANT\*** Make sure that the strap pulls both pads TOGETHER (as in photo 4) and that the strap covers the adjustable pad (5).  
Do not over tighten.



THERE SHOULD NEVER BE AN INCREASE IN DISCOMFORT, OR ONSET OF NEW SYMPTOMS WITH THE USE OF THIS DEVICE. IF THIS OCCURS, DISCONTINUE USE AND CONSULT YOUR CARE GIVER. **IF ONE OF THE WHITE PADS IS NOT COVERED BY THE STRAP, THE PADS ARE NOT PLACED PROPERLY.**

VIDEO AT  
**WWW.TENDONTRAK.COM**