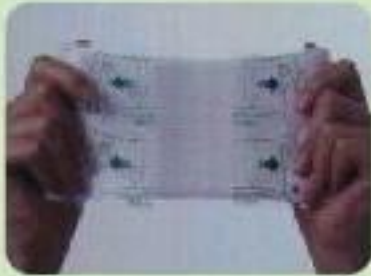


Knees



1

Pull both sides of the patch as illustrated until the backing film separates at the center.



2

Keep the patch that way and apply its adhesive side to the knee lengthwise.



3

Remove the upper half of the film by pulling it gently upward.



4

Then remove the remaining film by pulling it gently downward.



5

Press the patch gently all over for better adhesion.