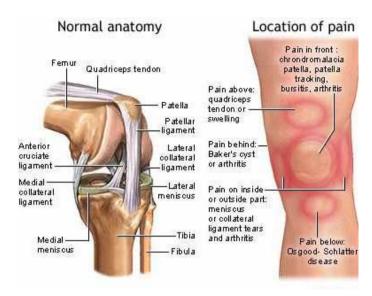
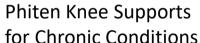


Stiff or painful Knee



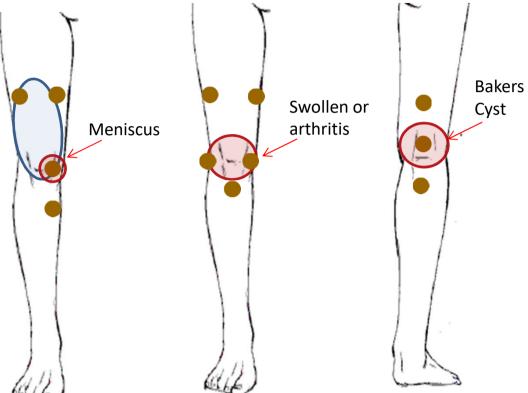








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## **Meniscus**

Place 1 -2 patches on the pain, one below and two on lower thigh.

## Sore, swollen or arthritic knee

Place 1 patch either side of knee where it is tender to touch, 1 below and 2 above,

## Bakers Cyst or Arthritis

Place 1-2 patches on the pain, one below and two on lower thigh.