

# KNEE CARTILAGE INJURY AND OSTEOARTHRITIS TREATMENT DIAGRAM



**Figure 1**



**Figure 2**

## **WHITEE Patch Placement**

1. Medium WHITEE Patch should be applied next to the patella to the soft spot on either side which is more painful as shown in [Figure 1](#) with the knee 45 degree flexed.
2. Large WHITEE Patch should be applied to the lower part of the knee to cover both soft spots on the side of the kneecap as shown in [Figure 2](#) with knee 45 degree flexed