

ELASTOPLAST SPORT KINESIOLOGY TAPE

is intended to support muscle and joint functions and promote mobility. It is suitable to support the relief of muscle pain e.g. hip, back, shoulder and nerve pain and tendonitis. It is also suitable to support lymph drainage disorders (edema).

WHAT IS KINESIOLOGY TAPING?

Kinesiology taping with special elastic tapes is used around the world to relieve pain, treat swelling and discomfort and improve mobility. It is based on the theory that by adjusting the tension of skin with the tape, muscle, circulation and lymphatic function can be improved. The wave coating of the adhesive gently supports the body's own healing process by acting on the neuro-muscular system, improving blood and lymph circulation and relieving pain. The tapes themselves are made to resemble skin's own properties offering high comfort and support for the body allowing for a full range of motion which makes it very popular in the sports world.

DIRECTIONS TO USE

- Apply the tape at least 20 minutes prior to physical activity.
- Before applying the tape make sure the skin is clean and dry.
- Round the edges to avoid any bunching or rolling of the tape.
- Carefully tear the paper 3-4 cm from one end to remove it without touching the adhesive and apply; gradually remove rest of the paper while applying.
- Apply initial attachment at the beginning with no stretch, then apply with medium stretch, apply with no stretch at the end.
- When applied, rub the tape with the hand to activate the adhesive.
- To remove, pull in the direction of hair whilst holding the skin down and avoid lifting the skin.

WARNINGS

For single use only – for each application use new tape to retain the described effects.

DO NOT USE

on damaged or broken skin (wounds, skin diseases e.g. atopic dermatitis, psoriasis, etc.).

SIDE EFFECTS

If you observe signs of irritation or if pain persists and in case of other symptoms discontinue use and consult a physician or health care practitioner. If you observe unexpected or potentially serious symptoms following the usage of this product, please inform your doctor or pharmacist, the manufacturer and your national health authority.

STORAGE INFORMATION

Expiry date and lot number are printed on the outer package.

These techniques are common applications and are provided as a guide only. Consult your healthcare professional to discuss the best possible method for your specific problem or if your symptoms persist. Last revision of the instructions 04/2019.

Distributed by:

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A NECK STRAIN



1. Apply one end of the tape at the upper part of the neck parallel to the spine.
2. Gently tilt the head forward.
3. Place the tape over the strained area. Repeat the same on the right hand side parallel to the spine.

B SHOULDER PAIN AND INSTABILITY



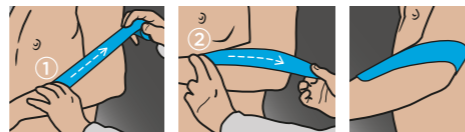
1. Place the tape on the outside of the upper arm, approx half way down arm.
2. Gently move arm backwards & sideways.
3. Place the other end of tape near outer end of collar bone.
4. Place another piece of tape on the outside of upper arm and gently move the arm in the opposite direction across the body.
5. Finish by placing the other end of the tape near the upper part of the shoulder blade.

C TENNIS ELBOW –1



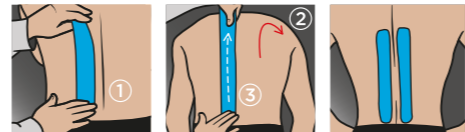
1. Place one end of the tape at the back of the wrist.
2. Flexing the wrist.
3. Place the other end of the tape toward the lateral side of the elbow.

D TENNIS ELBOW –2



1. Place one end of the tape at the midpoint of the lower arm.
2. Place the tape around the elbow following the direction of the picture.

E BACK PAIN



1. With the patient standing, place one end of the tape at the sacrum parallel to the spine.
2. Gently bend forward and place the other end of the tape along the spine.
3. Repeat the same to the other side of the spine.

F HAMSTRING



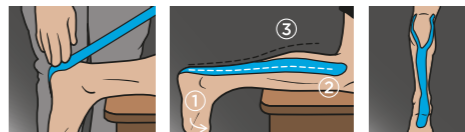
1. Patient is standing and gently leans forward to lean on table/desk whilst keeping knees straight.
2. Apply one piece of tape to the middle of the upper hamstring area.
3. Gently stretch the tape as you apply it down the outside hamstring muscle to end below the knee joint.
4. Repeat down the inside hamstring muscle.

G KNEE PAIN



1. Lie the patient on their back with their knee straight. Apply one end of the tape on the front of the upper thigh muscle.
2. Gently bend the knee to 75% flexion and place the other end of the tape over the knee-cap.
3. Split tape in middle and tape around each side of the patella before continuing down and finish off below the knee-cap.

H CALF PAIN, CRAMP & FATIGUE



1. Lie the patient on their front with their foot over the end of the bed. Gently bend the ankle forward and apply tape under the heel.
2. Gently stretch the tape along the Achilles tendon and up the outside of the calf muscle.
3. Repeat, using a 2nd length up the inside of the calf muscle.

I ANKLE SPRAIN



1. Apply one end of the tape just below & behind the outside ankle bone.
2. Whilst the patient gently turns their foot in.
3. Gently stretch the tape up along the outside of the lower leg.

REMARKS

- Red dashed arrows show the positioning of the body / limb
- White dashed arrows show the stretching of the tape during the application

Keep the instructions as long as you are using the product.

Elastoplast

KINESIOLOGY TAPE

Supports muscle and joint functions
Latex free



Taping Methods