



APPLICATION GUIDE

THE *Original* KINESIO TAPE

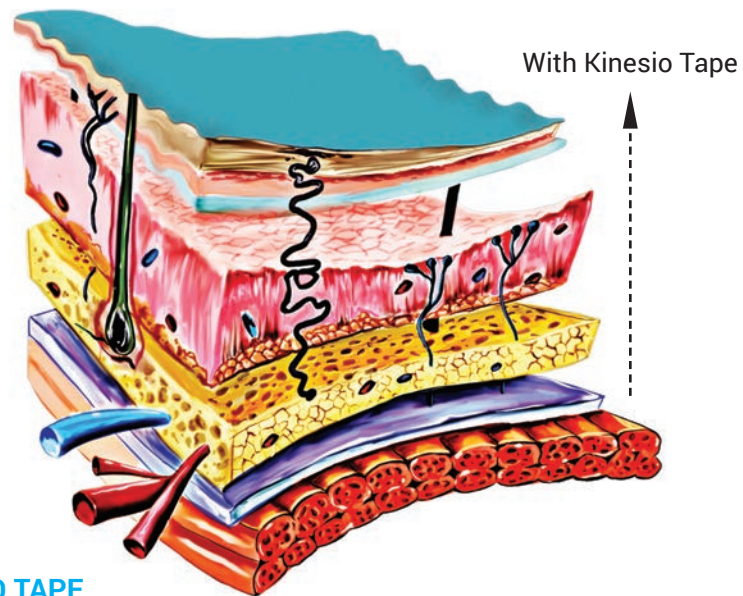
What is the Kinesio® Taping Method?

Almost 40 years ago, Dr. Kenzo Kase dreamed of a way to extend the benefits of his chiropractic treatments so that his patients would experience longer lasting relief. His idea to use tape to mimic the effect of human hands became the basis of The Kinesio® Taping Method, and launched a revolutionary way to treat discomfort.



KINESIO TAPING METHOD

One of the unique qualities of the Kinesio Taping Method is that it can be used from initial injury (acute), sub-acute, chronic to rehabilitation stages. The method can be used for prevention and in combination with other therapeutic treatments.



KINESIO TAPE

The initial concept was to reduce the build up of fluids and increased temperatures between skin layers. Kinesio Tex Tape was specially designed with this idea in mind. When applied, Kinesio Tape microscopically lifts the layers of skin thus allowing built up stagnant fluids to move normally. Kinesio Tape additionally provides support and stability, along with many other benefits depending on the Kinesio Taping application used.

Instructions

- Assistance is recommended to apply applications.
- Ensure skin is clean, dry and free of any oils and lotions before application.
- It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.
- Use the **2-inch square guides** on the back of the

tape to help measure the length of the tape strip and make correct cuts.

- Remove a small portion of the paper backing at the end of the tape strip in order to create an "Anchor" to apply the tape.
- Make sure to round all ends of the tape. Rounded ends help prevent snagging, fraying, and peeling off quickly.

Cutting Kinesio Tape



"I" Strip
Single strip of tape with rounded ends.



"Y" Strip
Strip of tape with one end that has a longitudinal cut in the middle.



"Fan" Cut
Strip of tape that has 3-6 longitudinal cuts on one end of the tape.

To Care For Your Application



Rub to activate adhesive.



Use caution. Clothing can catch edges of tape.



Wait 30 - 45 minutes before vigorous activity.



Pat or blot to dry. Do not wipe



Direct heat can cause over-adhering and can make removal difficult.

Tape Removal

Removal of Tape from Paper Backing:



Roll Method: Hold the tape vertically and place your index finger on the top edge of the tape. Pull back or flex your index finger toward your body so tape peels from its backing.



Tear Method: Tear paper backing at middle of tape and gently pull approximately 1 inch away from each side of tear.

Removal of Tape from Skin:



Skin From Tape Method: Peel back the anchor and apply gentle pull to the Kinesio Tex strip with one hand. With the other hand, gently press on the skin to pull it away from Kinesio Tex Tape.



Roll Method: Begin by curling the anchor away from the skin and roll the Kinesio Tex strip off skin in the direction of hair growth.

KINESIO TAPING DO'S:

Clean and dry skin prior to application

Round edges of Kinesio Tex Tape

Clip or shave excessive body hair

Apply 30 minutes or more before rigorous activity or swimming

Place the anchor and tape strip end on skin whenever possible

Apply no tension to anchors or ends

Rub tape to activate adhesive after application

KINESIO TAPING DON'TS:

Do not blow dry tape

Do not attach to hair on back of neck, underarm or groin

Do not "pull" body into position using Kinesio Tex Tape

Do not leave tape on skin if itching or increased pain occurs

Try not to touch adhesive side of tape prior to proper placement on skin

KINESIO TAPING PRECAUTIONS:

Do not apply Kinesio Tex Tape:

Over active malignancy site

Over active cellulitis or skin infection

Over open wounds

Over Deep Vein Thrombosis (clots)

Consult with physician before applying tape to people with:

Diabetes

Kidney Disease

Congestive Heart Failure

CAD or Bruits in the Carotid Artery

Fragile or healing skin

Pregnancy

Achilles Tendonitis

Designed to support the achilles tendon and calf muscle injuries due to overuse and repetitive stress commonly seen in runners.

Directions:

1. Measure and cut 1 I Strip from the back of the heel to the middle of the calf muscle. Remove a small section of paper backing from the end of the Strip and place the anchor of the Strip at the back of the heel with no tension.

2. Flex ankle to bring knee forward over the toes to stretch the Achilles and calf area (keeping the knee straight). Peel away the paper backing and apply I strip up the Achilles tendon and on to the calf. End with no tension on the belly of the calf muscle. Rub the tape to activate the adhesive.

3. Measure and cut 1 Y Strip from the back of the heel to just below the back of the knee. Remove a small section of paper backing from the end of the Strip and place the anchor of the Strip at the back of the heel with no tension (try to apply second anchor on skin and not completely over anchor of first strip)

4. Flex ankle to bring toes upward toward the shin to stretch the area (keeping the knee straight). Apply inside tail by peeling away the paper backing and lay down the end with no tension just below the crease of the knee. Apply outside tail by peeling away the paper backing and lay down the end with no tension just below the crease of the knee.

5. The 2 tails surround the calf muscle. Rub both tails to activate the adhesive.

Optional Strip:

6. Measure and cut 1 I Strip. Tear paper backing in the center of the tape and apply 10% - 15% tension, placing directly over the area of pain. Lay down the ends without tension. Rub the tape to activate the adhesive.



Completed Application



Ankle Sprain

Designed for swelling of the ankle due to accumulation of excessive fluid in the tissues typically found in ankle sprains.

Directions:

1. Measure and cut 2 Fan Cuts from above the area of swelling, to below. Remove a small section of the paper backing from the anchor of the first Fan Cut and place the anchor with no tension above the area of swelling on the front of the leg

2. Without stretching the tape, peel away the paper backing and apply each tail to cover the area of swelling. Lay down the ends without tension. Rub the tape to activate the adhesive

3. Remove a small section of the paper backing from the anchor of the second Fan Cut and place the anchor with no tension above the area of swelling on the inside of the leg



Completed Application

Without stretching the tape, peel away the paper backing and apply each tail to cover the area of swelling, and form a criss-cross pattern with the first Fan Cut. Lay down the ends without tension, on skin. Rub the tape to activate the adhesive



Shoulder Support

Designed to support shoulder muscles and common shoulder injuries such as rotator cuff.

Directions:

1. Measure and Cut 1 Y Strip from just above the shoulder to below the belly of the deltoid muscle. Remove a small section of paper backing from the end of the Strip and place the anchor of the Strip above the shoulder with no tension.

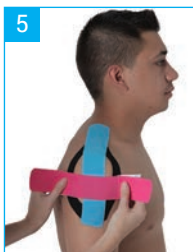
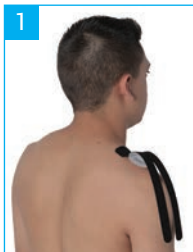
2. Move the arm in front of the body and without stretching the tape, apply the back tail along the back of the shoulder. Rub the tape to activate the adhesive. Move the arm behind the body and without stretching the tape, apply the front tail along the front of the shoulder. Rub the tape to activate the adhesive.

3. Measure and cut 1 I Strip from just above the anchor of the first Strip to just below the end of the first Strip. Remove a small section of paper backing from the end of the Strip and place the anchor of the Strip just above the base of the first Strip with no tension.

4. Without stretching the tape, apply the Strip over the shoulder joint and down the arm. Lay the end down without tension over the ends of the first Strip. Rub the tape to activate the adhesive.

5. Measure and cut 1 I Strip from the front to the back of the shoulder. Tear paper backing in the center and apply 50% or less tension, placing the center of the tape 2-3" below the point of the shoulder. Rub the tape to activate the adhesive.

Move the arm in front of the body and lay the end at the back down without tension. Rub the tape to activate the adhesive. Move the arm behind the body and lay the end at the front down without tension. Rub the tape to activate the adhesive.



Shin Splints

Designed to support lower leg injuries commonly related to footwear or gait, as well as intense training in running sports.

Directions:

1. Measure and cut 1 I Strip from just below the knee to just above the ankle. Remove a small section of the paper backing from the anchor of the Strip and place anchor just below the knee on the outside of the shin. Rub the tape to activate the adhesive.

2. Point toes downwards to stretch the shin muscle. Without stretching the tape, peel away the paper backing and apply the strip over the muscle along the outside of the shin, ending without tension just above the ankle. Rub the tape to activate the adhesive.



Optional Strip:

3. Measure and cut 1 I Strip. Tear paper backing in the center of the tape and apply 10% - 15% tension, placing directly over the area of pain.

Lay down the ends without tension. Rub the tape to activate the adhesive.



Back

Designed to support over-stretched back muscles and support lower back injuries.

Directions:

1. Cut an approximate 12-inch "I" strip of tape. Place the anchor above the lowest part of the back on one side of the spine. Bend forward to stretch the back muscles and begin removing tape backing. Without stretching the tape, extend the strip up and alongside the spine. Once applied in the correct place, it is important to rub the tape to activate the adhesive.

2. Using another approximate 12-inch "I" strip, repeat the previous step for the opposite side of the spine. Rub the tape.

3. Using an approximate 10-11-inch "I" strip, tear the tape paper backing in the center of the tape strip and expose the center portion of the adhesive. Using minimal tension, apply the tape strip horizontally over the strained area on the lower back. Rub the tape. Application complete.



Neck

Designed to support the neck due to muscle strain or ligament sprain.

Directions:

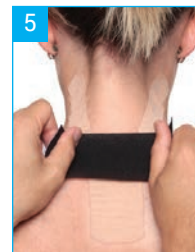
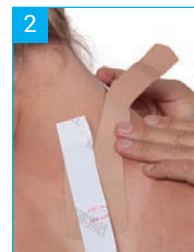
1. Cut an approximately 8-9-inch "Y" strip of tape. Remove the paper backing from the anchor. Place the anchor of the tape strip without stretching the tape, in the center of the spine about 2-3 inches below the anchor of the neck.

2. Tilt head forward and to the left. Begin applying the right tape tail up the right side of the neck. Be careful not to apply the tape tail over loose hair.

3. Using the left tape tail, repeat the previous step for the opposite side of the neck.

4. Once applied in the correct place, it is important to rub both tape tails to activate the adhesive.

5. Next, cut an "I" strip of tape approximately 5-6 inches in length. Tear the tape's paper backing in the center of the tape strip and expose the center portion of the adhesive. Using minimal tension, apply the tape strip over the strained portion of the neck. Apply ends with no stretch. Rub the tape. Application complete.



Knee

Designed for runner's knee, providing knee and patella support.

Directions:

1. Cut an approximate 12-inch "I" strip of tape. Remove a small section of the backing paper from the anchor of the strip. With the knee bent to 90°, place the anchor of the tape strip mid-thigh approximately 4-5" above the knee joint.



2. Without stretching the tape, begin removing the paper backing while applying the tape strip over the center of the knee joint and ending approximately 2-3" below the joint.

3. Once applied in the correct place, it is important to rub the tape to activate the adhesive.

4. Cut an approximately 8-9-inch "Y" strip. Remove the paper backing on the anchor of the "Y" strip and apply the anchor 2-3" below the kneecap.

5. Without stretching the tape apply each tape tail around each side of the knee joint. Rub the tape.

6. Cut an approximately 11 inch "I" strip. Tear the tape's paper backing in the center of the tape strip and expose the center portion of the adhesive. Using minimal stretch, apply the middle portion just below the kneecap. Apply the remaining sides with no stretch. Rub the tape. Application complete.



Wrist

Designed to provide support for carpal tunnel syndrome, providing wrist support.

Directions:

1. Cut an approximate 12-inch "I" strip of tape. Bend wrist/hand downwards and place the anchor of the tape strip above the knuckles. Without stretching the tape, begin removing the remaining paper backing as you apply the tape strip over the wrist joint and up the arm.



2. Once applied in the correct place, it is important to rub the tape to activate the adhesive.

3. Cut two approximate 5-inch "I" strips of tape. With assistance, apply one tape strip over the top of the wrist joint using minimal stretch. Apply ends with no stretch around wrist joint so that they do not overlap. Rub the tape.

Using a second "I" strip, repeat the previous step but apply the tape strip to the bottom of the wrist joint. Rub the tape.

For Wrist Support Only: Using two tape strips approximately 5 inches in length, repeat step 3. This option is only used to achieve support for the wrist joint if applied without the "I" strip of tape. Rub the tape to activate the adhesive.



Support Only



Foot

Designed for plantar and arch problems, providing foot and arch support.

Directions:

1. Measure a strip of tape that is long enough to extend from the back of the heel to just before the toes then cut it into a "fan cut".

2. At the anchor, remove the paper backing and apply the anchor of the tape strip to the back of the heel.

3. After applying the anchor, take an outside tape tail and without stretching the tape begin removing the paper backing as you apply the tape tail along the bottom of the foot. Rub the tape tail to activate the adhesive.

4. Repeat this process for the remaining tails so that the tape tails are spread evenly across the bottom of the foot. Rub each tape tail.

5. Cut an approximate 6-inch "I" strip of tape. Tear the paper backing approximately 1" from the end. Place the anchor on the outside of the foot near the center of the outside arch. Rub the anchor.

Begin removing the paper backing and apply the tape strip across the bottom of the foot and pulling up on the arch with moderate tension on the tape. After the tape strip is applied to the arch, continue removing the paper backing while applying the strip to the top of the foot. The end of the tape strip should be applied without stretch. Rub the tape. Application complete.



IT Band

Designed for support and stability of ITB injuries due to overuse, which can be related to muscle weakness, poor running technique and footwear.

Directions:

1. Measure and cut 1 I Strip from just below the knee to the hip bone. Remove a small section of the paper backing from the anchor of the Strip and place anchor on the outside of the leg, just below the knee with no tension

2. Without stretching the tape, peel away the paper backing and apply the strip over the IT Band, ending without tension at the hip. Rub the tape to activate the adhesive

Optional Strip:

3. Measure and cut 1 I Strip. Tear paper backing in the center of the tape and apply 10% - 15% tension, placing directly over the area of pain

Lay down the ends without tension. Rub the tape to activate the adhesive

Note: for a very painful case, the horizontal I strip may be substituted for 2 diagonal strips forming an 'X' over the area of pain.





More information about Kinesio products and application videos are available online at

kinesiotaping.com

888-320-TAPE