



## General instructions for Kinesiology tape

- Apply 30 minutes prior to activity.
- Avoid stretching the ends of the tape.
- Clean, dirt, oils and lotions from area.
- Trim excess hair for better adhesion.
- Apply the right amount of stretch per application.
- After applying, firmly rub the tape to activate the adhesive.
- Do not rip off. Gently remove tape from skin.
- It is recommended to consult with a professional before use.

**Caution:** People with sensitive skin are advised to try a small piece of the tape on their skin for 24 hours before use.

### Choose an application

Select a specific application and follow the instruction on the reverse side of this sheet.

### Cutting instructions:

**I shape:** Cut 25cm long peices

**Y shape:** Cut 25cm long pieces then cut along the middle of the tape up to 20cm (see illustration):

**Cut corners in round shape to minimize peeling.**

**Edges and corners may be trimmed if they peel.**

**Use sharp scissors.**

## NECK

Use: 1 "I" strip + 1 "Y" strip.

1. Tilt head down and measure down 30-35 cm below hairline and anchor the bottom of Y Strip where it lands. With 25% Stretch, follow both sides of Y Strip up, on both sides of the spine.
2. Apply I Strip across the neck and shoulder over the point of pain with 75% stretch.
3. Firmly rub to activate adhesive



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**Use: 2 "Y" strips.**

1. With arm bent at 90 degrees, anchor first Y Strip at bottom of deltoid with no stretch. With 25% Stretch, apply one side of the Y Strip around the anterior of the deltoid and one strip around the posterior of the deltoid.
2. Apply second Y Strip, anchoring split of Y Strip below point of pain.
3. Apply each sides of Y Strip to split point of pain, stretching each side at 75%. Firmly rub to activate adhesive.



## BACK

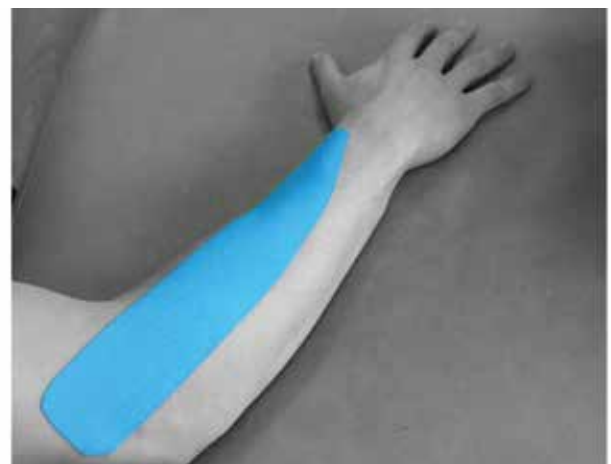
**Use: 2 "I" strips + 1 "Y" strip.**

1. Lean forward to stretch the lower back comfortably. Apply I Strip horizontally on back at 75% stretch, covering the point of pain.
2. Apply second I Strip horizontally on back at 75% stretch, just above the first strip, while landing entirely on skin.
3. Anchor Y Strip below both horizontal strip with no stretch. With 25% stretch follow both sides of Y Strip up, on both sides of the spine. Firmly rub to activate adhesive.

## TENNIS ELBOW

**Use: 1 "I" strip + 1 "Y" strip.**

1. Pronate forearm and wrist whereas fingers are pointed downward and palm is facing user. With 25% stretch, I Strip upwards anchoring on outside of arm near elbow with no stretch.
2. Straighten arm and apply Y Strip, anchoring split of Y Strip below point of pain.
3. Apply each sides of Y Strip to split point of pain, stretching each side at 75%. Firmly rub to activate adhesive.



## KNEE

Use: 1 "I" strip + 1 "Y" strip.

1. Cut I Strip in half and round the corners to make two shorter strips. Apply both shorter strips directly under kneecap-one on top of the other with 75% stretch.
2. Anchor Y Strip on quadriceps with no stretch. With each side of Y Strip, follow the edge of the kneecap with 25% stretch.
3. Apply 50% stretch after crossing the kneecap and cross ends below knee with no stretch. Firmly rub to activate adhesive.



## HAMSTRING

Use: 1 "Y" strip.

1. Stretch hamstring with foot of leg being taped planted firmly on ground behind user. Anchor Y Strip with no stretch above the back of the knee.
2. With 25% stretch, follow first side of Y Strip up, aligning with point of pain.
3. With 25% stretch, follow second side of Y Strip up, surrounding point of pain. Firmly rub to activate adhesive.



## CALF

Use: 1 "Y" strip.

1. Anchor Y Strip with no stretch below point of pain on calf muscle.
2. Stretch first side of Y Strip up the side of the calf with 25% stretch, anchoring with no stretch.
3. Stretch second side of Y Strip up the opposite side of the calf with 25% stretch, anchoring with no stretch. Firmly rub to activate adhesive.



## FOOT

Use: 1 "I" strip + 1 "Y" strip.

1. Position ankle in full stretch with toes bent forward to create stretch. Separate Y Strip only 50% of full length of strip.
2. Anchor both ends of Y Strip on the outside of the foot. With 75% stretch, apply the strip over the arch to the inside of the ankle.
3. Relax the stretch to 25% and apply I strip around the ankle.

Firmly rub to activate adhesive.

