



THERAPEUTIC TAPES + BANDAGES

Contraindications

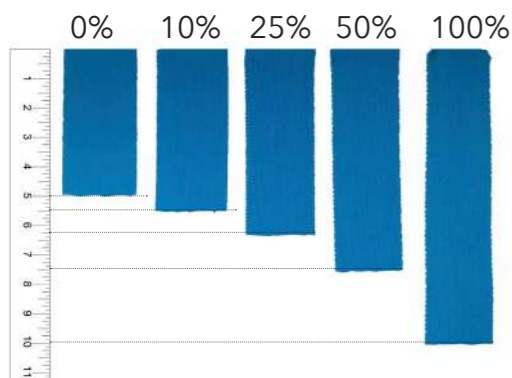
Kinesiology tapes are not meant to replace medical advice. Please consult your doctor or health care provider before using. Always follow instructions on how to use the tapes which are provided on our website and in the insert contained in the box.

Do not over stretch the tape when applying. In the unlikely event of experiencing itchiness and/or irritation on the skin please remove immediately. Follow the instructions on how to remove the tape which are provided in our website and in the insert in the box and consult your health care provider.

The tape should not be used under the following conditions:

1. Infections and skin diseases
2. Open wounds and fractures
3. Malignant cancers
4. Advanced Kidney diseases
5. Congestive heart failure and any cardiovascular conditions
6. DVT (Deep Vein Thrombosis)
7. During fever
8. During pregnancy

The stretching percentages from left to right:



HOW TO APPLY

GENERAL INSTRUCTIONS

FOR DETAILED INSTRUCTIONS AND CONTRA-INDICATIONS PLEASE REFER TO OUR WEBSITE

www.ttb tapes.com

Skin Preparation

Shave area if necessary. Use rubbing alcohol wipes and clean skin. Dry the skin thoroughly.

Measuring length

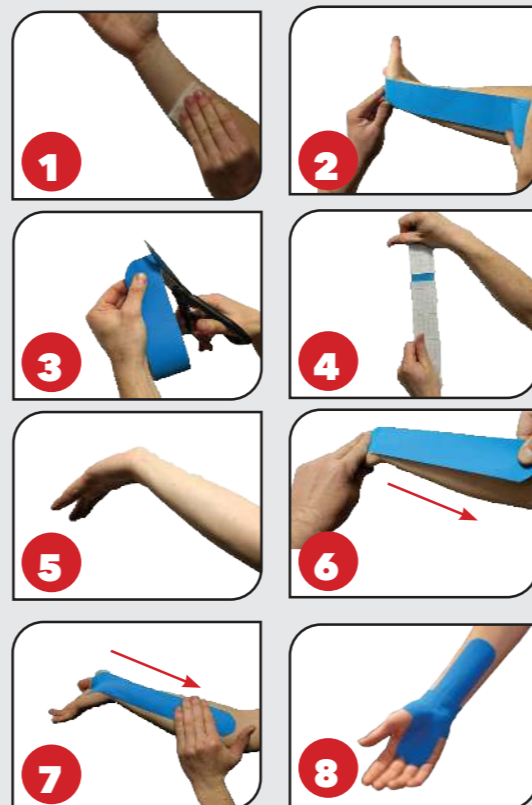
Measure length of affected area. Cut tape accordingly. Round off edges as it lasts longer & does not catch onto clothes. Do not over stretch tape

How To Apply

Twist & tear paper backing 1" - 2" from one end only or from middle as per the detailed instructions in this insert & on website. Apply sticky portion with no stretch to affected area. Follow detailed instructions on individual body parts for specific stretch percentage. Rub tape 3 - 4 times to activate glue.

Avoid vigorous activities for 1 hour

Lasts 3 - 5 days depending on the application



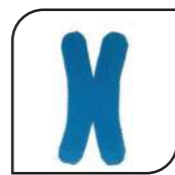
How to cut:



I-STRIP just cut the length desired and round off the corners.



Y-STRIP leave a 1-inch base, cut the rest of the strip in half. Round off all the corners.



X-STRIP cut an I-strip, fold it in half and cut each end in half. Leave a 1-inch base in the middle. Round off all corners.



FAN-STRIP leave a 1-inch base. Cut 4 to 5 even strips. Only round off the corners of the base.

How to remove tape.

1. Removing tape may be unpleasant
2. Apply hand lotion over tape
3. Gently pull tape in the direction of the hair
4. Pull tape slowly allowing it to fold onto itself

Attention : Do not pull the tape at an angle as it can be painful



General instructions for human taping.



ACUTE ANKLE SPRAIN INFLAMMATION
Cut: 2 fan-strips.
Size: two 2-inch width. Tension: 10%
Application: Place the bases above the ankle joint. Separate the arms of the fan and apply to the affected area. Apply the second fan and criss-cross the strips.



ACUTE ANKLE SPRAIN
Cut: I-strip.
Size: 2-inch width. Tension: 25% over the ankle, 10% otherwise.
Application: Place the foot in a neutral position (90° angle) for application. Then apply the middle of the first strip behind the ankle to cover the malleoli. The middle of the second strip will be under the foot and make sure to cover the malleoli as well.



FOOT PAIN FOOT PLANTAR FASCIIITIS
Cut: I-strip.
Size: one 2-inch width, one 1-inch width for anchor strip.
Tension: 50% under the heel, 10% otherwise.
Application: Begin with the 2" strip on the full length of the sole of the foot ending just above the ankle joint. Then apply one anchor strip around the ankle and the second anchor in the fore-foot area.

KNEE SPRAIN STRAIN 1

Cut: Y-strip, I-strip.
Size: one 2-inch width Y-strip and one 2-inch width I-strip.
Tension: 50% in the middle of the I-strip, 10% otherwise.
Application: Bend the knee at a 90° angle for application. The base of the Y-tape must be below the knee joint. Separate the two arms of the Y-strip. Apply one arm of the Y-strip to the left side of the knee and the other arm to the right side. The ends of the arms must be applied onto the skin below the knee and the two arms must not overlap each other. The I-strip is then applied as an anchor below the knee.



KNEE SPRAIN STRAIN 2
Cut: 2 Y-strips, I-strip.
Size: 2-inch width.
Tension: 50% in the middle of the I-strip, 10% otherwise.
Application: Bend the knee at a 90° angle for application. One of the bases of the tape must be above the knee joint, and the other below the knee joint. The ends of the tape must be applied on the skin and not on the tape. Apply the I-tape below knee joint



QUADS SPRAIN STRAIN 1
Cut: 2 Y-strips.
Size: 2-inch width.
Tension: 25% on the arms of the horizontal Y-strip, 10% otherwise.
Application: Bend the knee as much as possible. The site of the pain should be located within the "square" formed by the crossed strips.



QUADS SPRAIN STRAIN 2
Cut: Y-strip, I-strip.
Size: 2-inch width.
Tension: 50% in the middle of the I-strip, 25% on the arms of the Y-strip, 10% otherwise.
Application: Bend the knee as much as possible. Apply Y-strip at site of pain. The I-strip will be applied on top of the site of pain.



HAMSTRING SPRAIN STRAIN
Cut: Y-strip, I-strip.
Size: 2-inch width.
Tension: 50% in the middle of the I-strip, 25% on the arms of the Y-strip, 10% otherwise.
Application: extend the leg as much as possible. The base of the Y-strip should be applied above the back of the knee. The I-strip will be applied on top of the site of pain.



CARPAL TUNNEL
Cut: I-strip.
Size: 2-inch width.
Tension: 50% in the middle of the second I-strip (perpendicular to the arm), 10% otherwise.
Application: Fold the tape just before the base and cut 2 small triangles to make the holes for the fingers. Keep the wrist in extension when applying the tape.



ELBOW SPRAIN STRAIN
Cut: I-strip and X-strip.
Size: 2-inch width.
Tension: 50% on each side of the elbow, 10% otherwise.
Application: Bend the elbow at a 90° angle for application. Make sure to leave the bony part of the elbow free of tape. Apply the X-strip over the area of pain.



TENNIS ELBOW
Cut: X-strip, I-strip.
Size: 2-inch width.
Tension: 75% in the middle of the X-strip, 10% otherwise.
Application: Bend the elbow at a 90° angle for application (hand up). Make sure to leave the bony part of the elbow free of tape. Apply the X-strip on top of the area of pain.



GOLFER'S ELBOW
Cut: X-strip, I-strip.
Size: 2-inch width.
Tension: 75% in the middle of the X-strip, 10% otherwise.
Application: Bend the elbow at a 90° angle for application (hand up). Make sure to leave the bony part of the elbow free of tape. Apply the X-strip on top of the area of pain.



RIBS SPRAIN STRAIN
Cut: Y-strip, I-strip.
Size: 2-inch, 1-inch width (cut the 2-inch in half).
Tension: 50%.
Application: Bring the arm over the head on the side of the application. The site of pain should be located within the "square" formed by the crossed strips. The I-strips should be aligned with the ribs.



SHOULDER SPRAIN STRAIN
Cut: Y-strip, I-strip.
Size: 2-inch width.
Tension: 50% in the middle of the I-strip, 10% otherwise.
Application: The base of the Y-strip should be placed below the deltoid muscle, with the arms going on either side of the muscle. Apply the I-strip at the bottom of the Y-strip for added support.



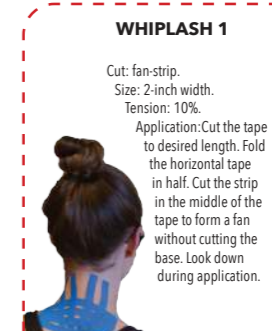
UPPER THORACIC SPRAIN STRAIN
Cut: I-strip.
Size: 2-inch width.
Tension: 50% in the middle of the horizontal strip, 10% otherwise.
Application: Stand up for application, bending slightly forward. Place the horizontal strip over the area of pain.



LOWER BACK SPRAIN STRAIN
Cut: I-strip.
Size: 2-inch width.
Tension: 50% in the middle of the horizontal strip, 10% otherwise.
Application: Stand up for application, bending slightly forward. Place the horizontal strip over the area of pain. The vertical strips will run on either side of the spine. The base can be applied from underneath the shoulder blade to just above the gluteal muscle area.



C-SPINE SPRAIN STRAIN
Cut: Y-strip, I-strip.
Size: 2-inch width.
Tension: 50% in the middle of the I-strip, 10% otherwise.
Application: The horizontal strip should connect the outer extremities of your collar bones. The arms of the Y-strip should be on either side of the spine. You may need to trim your hair depending on the area of pain.



WHIPLASH 1
Cut: fan-strip.
Size: 2-inch width.
Tension: 10%.
Application: Cut the tape to desired length. Fold the horizontal tape in half. Cut the strip in the middle of the tape to form a fan without cutting the base. Look down during application.



WHIPLASH 2
Cut: fan-strip.
Size: 2-inch.
Tension: 10%.
Application: Cut the tape to desired length. Fold the horizontal tape in half. Cut the strip in the middle of the tape to form a fan without cutting the base. Look down during application. Add two additional 2" I-strips for added support on both sides of the neck.