

## PRIOR TO YOUR APPLICATION

- Skin should be dry and free of all oils, creams and lotions.
- Excessive body hair may need to be trimmed or shaved.

## CARING FOR YOUR APPLICATION

- Gently rub the tape after applying to activate the adhesive.
- Use precaution when putting on or taking off articles of clothing so that the edges of your application do not catch on the clothing. In cases with tight clothing such as socks, extra precaution should be used.
- It is recommended that you wait a minimum of 30 - 45 minutes before getting your application wet or participating in any vigorous activity.
- Kinesio Tex Tape can be worn while bathing, showering, swimming, etc. When drying off, pat or blot your application dry.
- Do not place direct heat on your application including heating pads, hot packs, blow dryers, etc. This will result in the adhesive over-adhering to the skin and making your application difficult to remove.

## REMOVING YOUR APPLICATION

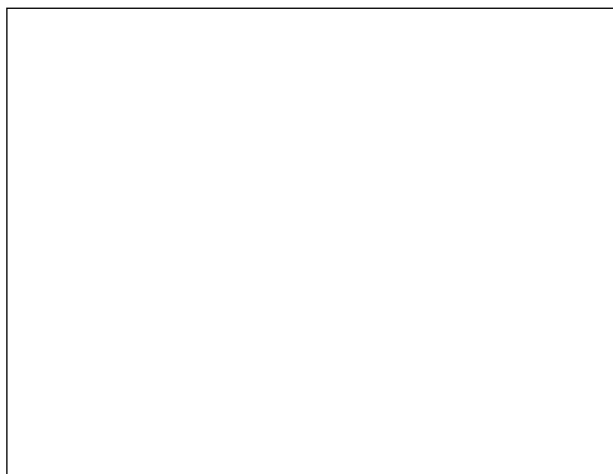
- If cared for properly, your Kinesio Tex Tape application can be worn for a minimum of 2-3 days.
- Begin slowly removing the tape in the direction of hair growth.
- Use one hand to remove the tape and the other hand to press against the skin.
- Gently rubbing the skin after the application is removed can reduce sensitivity.
- If preferred, you can also apply olive oil or baby oil to the application before removing. The oil will help breakdown the tape's adhesive properties prior to removal.
- Do not remove the tape too quickly as this can irritate the skin.



More than 30 years ago, US trained doctor Kenzo Kase was already a well-known Japanese doctor practicing in Japan. He developed the tape, which has a texture and elasticity very close to living human skin, in response to limitations he encountered working with rigid sports taping methods on his own patients.

Dr. Kase continues to work closely with the Kinesio Taping Association International and its member CKTPs. Kinesio USA and KTAI continue to maintain Dr. Kase's high standards of care and to track new and increasingly effective uses for the taping method.

## PROVIDED BY:



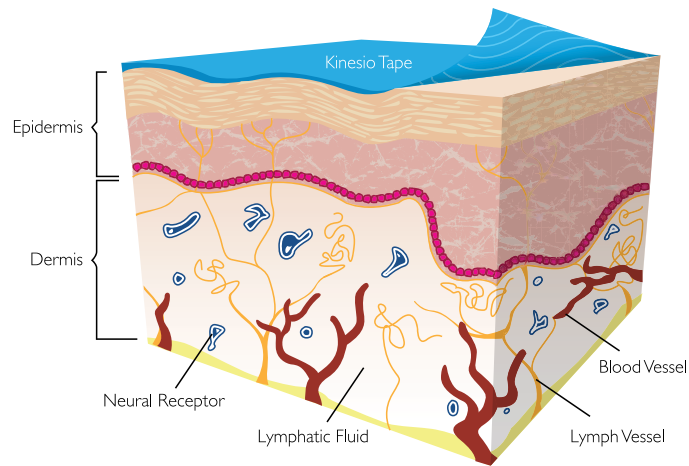
### KINESIO USA

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## HOW IT WORKS

The Kinesio Taping Method is designed to facilitate the body's natural healing process and to provide extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. Kinesio Tex Tape is safe for populations ranging from pediatric to geriatric. By targeting different receptors within the somatosensory system, the tape alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. This lifting affect forms convolutions in the skin thus increasing interstitial space and allowing for decreased inflammation.

In some cases, the treatment of a condition may require treatment of other underlying conditions as well. The information gained from detailed assessments will allow for the proper treatment protocol to be laid out. Kinesio Tex Tape is a valuable part of this protocol. It can be used in conjunction with a multitude of other treatments and modalities and is effective during the rehabilitative and chronic phases on an injury as well as being used for preventative measures.

## WHAT IS KINESIO TAPING

The Kinesio Taping Method is designed to facilitate the body's natural healing process while allowing support and stability to muscles and joints without restricting the body's range of motion. It is used to successfully treat a variety of orthopedic, neuromuscular, neurological and medical conditions. Both Kinesio® Tex Tape and the training protocol have shown results that would have been unheard of using previous methods and materials.

With the utilization of single "I" strips or modifications in the shape of an "X", "Y" or other specialized shapes as well as the direction and amount of stretch placed on the tape at time of application, Kinesio Tex Tape can be applied in hundreds of ways and has the ability to re-educate the neuromuscular system, reduce pain and inflammation, enhance performance, prevent injury and promote good circulation and healing, and assist in returning the body to homeostasis.



## WHO USES KINESIO?

Kinesio Tex Tape and the Kinesio Taping Method has been seen in use during numerous Olympic Games, most recently the 2008 Games in Beijing. You may have also seen it in use during any collegiate and professional sporting events worldwide. The Kinesio Taping Association International has trained thousands of practitioners across the globe and has certified over 5,000 medical professionals in the United States alone.