**Sport taping applications**

### Start Here

Anchor end, rip tape backing 2-3” from end of tape and remove backing. Anchor end to skin and rub vigorously. Apply tape to area indicated.

Middle stretch - rip tape in middle, peel backing and pull evenly on each end of tape. When applying, never stretch ends of the tape, only stretch the middle. Rub vigorously to set adhesive.

### Tennis Elbow

1. Flex foot. Anchor tape to heel and run to ball of foot with no stretch. Optional: Cut tape in "fingers".
2. Anchor on top of foot and wrap tape from outside to inside to support arch. Use multiple pieces if needed.

### Achilles Tendon

1. Flex foot. Anchor tape at mid arch. Run tape over AT and run to area above ankle. No stretch. Optional: Apply piece across AT.
2. Optional: Apply piece on ankle over pain. Stretch tape 50% in middle, no stretch in ends.

### Groin

1. Lie on back and bend both knees (sit-up position). Rotate leg outward to stretch groin area. Anchor tape at top of thigh and run to area above knee. No stretch.
2. Apply piece on groin, over pain. Stretch tape 50% in middle, no stretch in ends.

### Neck

1. Stretch neck by lowering chin. Anchor at mid back and run two strips vertically on each side of spine. No stretch. Optional: apply longer piece in step 2 - finish with tape ends on top of each shoulder (swimming).

### Shoulder

1. Anchor tape from lower arm to top of shoulder with (optional) split and no stretch. Optional: Cut tape in “fingers”.
2. Anchor on top of shoulder with (optional) split and run shoulder downward. No stretch.

### shin splints

1. Flex foot. Anchor tape below ankle. Run tape along shin over pain. No stretch.
2. Optional: Apply piece across shin over pain or "hot spot". Stretch tape 50% in middle, no stretch in ends.

### Knee

1. Place knee in 90° angle. Cut tape in "fingers" 3-4" from end. Anchor tape at mid-thigh, run to knee, and run around sides of knee. No stretch. Optional: Apply piece across and below knee cap. Stretch tape 50% in middle, no stretch in ends.

### Calf

1. Flex foot. Anchor tape at lower calf and run to below back of knee. Stretch tape 50% in middle, no stretch in ends.
2. Apply piece on neck over pain. Stretch tape 50% in middle, no stretch in ends.

### Thigh

1. Lie down and drop leg over table. Anchor tape at top of thigh and run to area above knee. No stretch.
2. Apply piece on high over pain. Stretch tape 50% in middle, no stretch in ends.

### Sciatica/Ham String

1. Sit down. Anchor tape at top of thigh and run to area above ankle. No stretch. Optional: Apply piece on ham string over pain. Stretch tape 50% in middle, no stretch in ends. Combine with Lower Back.

### IT Band

1. Lie on side, extend leg. Anchor tape on side of leg at upper thigh and run to knee. No stretch.
2. Apply piece on side of knee over pain. Stretch tape 50% in middle, no stretch in ends.

### Plantar Fasciitis

1. Flex foot. Anchor tape to heel and run to ball of foot with no stretch.
2. Optional: Cut tape in "fingers".

### Lower Back

1. Bend at waist, anchor at glute and run two strips vertically on each side of spine. No stretch.
2. Apply piece over pain in lower back. Stretch tape 50% in middle, no stretch in ends.

### Watch online instructional videos at www.rocktape.com

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Always consult your medical professional or therapist for advice. Stop using Rocktape immediately if you see any discomfort. These instructions are provided for educational purposes and are not intended to replace medical advice. Muscle and joint pain can indicate a serious condition and you should seek medical care if your pain is persistent.

Endurance tape for athletes

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**Instructions**

- Apply on clean, dry skin 10 minutes before exercise. Rub vigorously to set adhesive.
- Never stretch the ends of the tape, only the middle.
- Rocktape can be worn up to five days and is water resistant. Store tape in cool, dry place. Allow tape to come to room temperature before applying.

- **Endurance tape for athletes**
- **Applications**
  - **Tennis Elbow**
  - **Achilles Tendon**
  - **Groin**
  - **Neck**
  - **Shoulder**
  - **Shin Splints**
  - **Knee**
  - **Calf**
  - **Thigh**
  - **Sciatica/Ham String**
  - **IT Band**
  - **Plantar Fasciitis**

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More information about performance taping can be found in the Rocktape PowerTaping manual.

### PowerTaping™ performance applications

**Cycling**

- **Catch phase**
- **Pull phase**
- **Recovery phase**

One of the first areas to experience fatigue in a TT position is in the neck (rhomboids, cervical.) The head-down position is the most aero but also reduces visibility. The cyclist must continuously lift his head to see & steer which creates tremendous fatigue on short and long courses. Tape the neck to create longitudinal support which helps the cyclist more easily maintain the head-up position. This taping will also increase blood flow to the area which will reduce fatigue.

Wrists can become fatigued in both the aero and drop positions during the TT. Wrap the wrists to support these areas and increase blood flow.

Another key area to focus on when preparing for a TT is the lower back. When riding a TT, a cyclist will generate a tremendous amount of power and endurance from the fronts and backs of the leg. Since a majority of endurance comes from the back of the leg, the cyclist must use the lower back extensively to engage the back performance chain (BPC).

Fatigue in the lower back can introduce a complete failure of the back performance chain (BPC) and therefore should be protected at all costs.

**Swimming**

- **Catch phase**
- **Swing phase**
- **Mid stance**
- **Propulsion phase**

Swim stroke stresses the shoulder girdle, although the movement pattern affects the entire arm line in performing the action.

Common performance taping chains for Swimmers:
1. Performance Lateral Chain
2. Performance Functional Chain

**Running**

Running is a core activity in most sports. These taping techniques may be used for a wide variety of activities in which the foot makes contact with the ground.

**Application**

- Activity: tape kinetic chain associated with bursty output in legs (e.g. ham strings, lower back and quads.)

**Kicking**

- **Approach phase**
- **Contact phase**
- **Follow through**

The Approach

Assisting the approach leg in decelerating force (helps build energy into the wind up and contact phase of the kick - increases power output)

**Contact phase**

Performance Front Chain 

**Propulsion phase**

Follow Through

Helps to accelerate through the kick, improving power of action

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**Taping movements, not muscles™**

What is PowerTaping? PowerTaping is a new taping method that increases endurance by reducing fatigue in an athlete. The method is very simple and is divided into two parts: the interview and the application.

**Interview:** ask the athlete “during the last part of a race, when you’re going all-out, what is the first area of your body to experience fatigue?”

**Application:** tape the body part that experiences fatigue and you’ll increase the athlete’s endurance and performance.

**Cycling example:** Answer to interview - “Slow on the jump.” Application: tape kinetic chain associated with bursty output in legs (e.g. ham strings, lower back and quads.) See PowerTaping manual for more information.