

When applied properly, RockTape premium kinesiology tape:

- Relieves swelling
- Cues form
- Delays fatigue
- Normalizes muscle

Infants/toddlers/

communicate

children too young to

RockTape is made of 97% cotton, 3% nylon and an acrylic adhesive similar to a standard BandAid™. It is 100% latex-free.

- Open wounds
- Skin lesions
- Adhesive allergies

In some cases, mild/moderate skin reactions can occur. These include redness, itchiness, hives, swelling. Immediately remove tape if any skin reaction occurs and consult your primary care physician if symptoms are severe or do not improve within two days.

START HERE



2 Cut tape to desired length of tape in half and I the corners. This keeps a and helps the tape



Stretch the area that is going to be taped. See instructions



IMPORTANT: FOLLOW THE NO STRETCH INSTRUCTIONS. STRETCHING THE TAPE MAY CAUSE DISCOMFORT, IRRITATION AND ITCHINESS ON APPLICATION SITES. IF THIS OCCURS, DISCONTINUE USE AND CONSULT A PHYSICIAN.





Lying face down, flex foot. Anchor tape at mid-arch. Run tape over Achilles tendon and finish at top of calf. Relax foot and rub down.



Tear tape in middle and peel release paper to expose tape. Step onto the tape and rub bottom of

foot to activate adhesive.

Bring tape up and over in a criss-cross pattern, anchoring on either side of ankle with no stretch.

Optional: To create additional support, repeat the application, slightly overlapping the first

BACK - LOWER



Bend at waist. Anchor tape at top of glute and run strip vertically up the side of the spine with no stretch. Repeat with second piece of tape on other side of spine withno stretch.



2 Apply a support strip across the painful area with no stretch.

BACK - UPPER



Lean forward and slightly round back to stretch the area. Anchor tape just below left shoulder and apply downward and diagonally with no stretch across back toward



Maintain the stretched position and apply second strip from bottom of right shoulder downward and diagonally with no stretch across the back toward the waist.

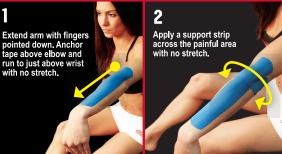
CALF



Place the calf in a stretched position. Apply tape from just above ankle to the top of the calf with no stretch.



ELBOW



GROIN

ANKLE



2 Apply a support strip across the painful area

HAMSTRING



Apply a suppo strip across the painful area with no stretch.





KNEE





NECK



Stretch neck by lowering chin onto chest. Anchor tape at mid-back on the spine and run strip to top of the shoulder with no stretch. Apply econd strip from spine to other houlder with no stretch.



PLANTAR FASCIITIS



Flex foot. Anchor tape to heel and run to ball of foot with no stretch. (Optional: Cut tape into fingers.)



2 For arch support, anchor tape on top of foot and wrap from outside to inside with no stretch



RIB AREA

TOE



2 Apply a second strip running from the top of the rib area diagonally in the



Anchor tape on the side of leg on upper thigh and run to knee with no stretch.

Apply a support strip across the painful area with no stretch.

SHIN





SHOULDER



SWELLING - EDEMA



THIGH



Tuck leg under and lean back as far as possible. Anchor tape at top of thigh and run to just above the knee with no stretch.



Apply a support strip across the painful area with no stretch.

You may wish to use 1" Digit Tape for this application. Stretch the area to be taped by

While maintaining the pointed toe position, anchor the tape at the end of the toe and apply upward toward the ankle with no stretch.

WRIST



