

SkinTAPE



PRODUCT
61350P & 61515T

McDavid SkinTape, available in individual packaging or bulk box of 24 rolls, has a **wide range of use.**

We have included instruction for some of the most common.

If you are using a roll of cuty-your-own tape, prep **pre-cutting** the required number of strips.



PREP:

Skin must be clean-shaven, dry and free of lotion.



TOOLS:

Sharp scissors, marker, hairdryer (optional).



HELPFUL:

Consider rehearsing the application steps before removing backing paper.



Kinesiology Tape is highly effective, but requires a bit of patience to apply properly.

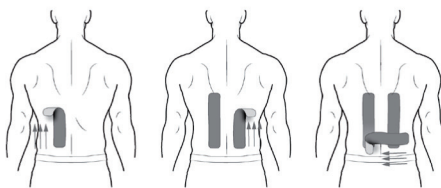


NOTE:

Always round ends/edges to avoid catching on clothes.

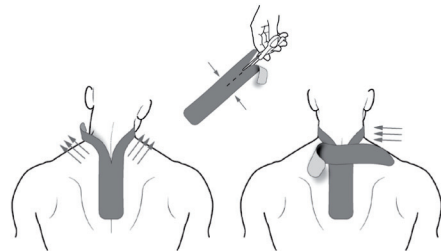


Always apply ends/edges to skin with zero tension.



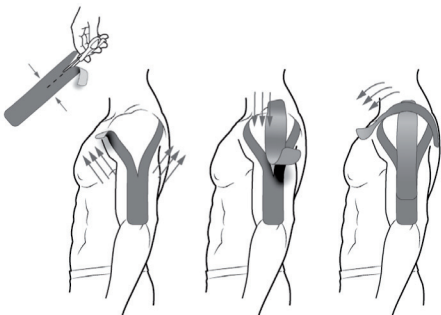
APPLICATION: Lower Back Pain (3 strips)

- 1 While bending forward, position two strips, one on either side of your spine, just above the waistline. Apply with light tension and secure with zero tension.
- 2 Remove backing paper from center of third strip. Apply exposed tape horizontally between the two vertical strips at pain point. Apply strip with minimal tension left and right, secure with zero tension.



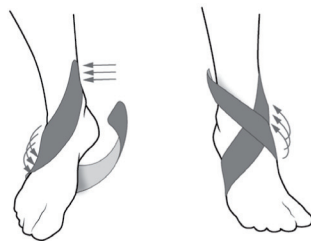
APPLICATION: Neck Pain (2 strips)

- 1 Cut one strip lengthwise to the midway point.
- 2 Position uncut portion of strips on spine about 5-8 cm (2-3") lower than the base of your neck. Bend head down and to the left as you apply right tape end along the right side your neck. Tip head to the right and do the same for left side of neck. Use minimal tension and secure with zero tension.
- 3 Remove backing paper from center of second strip. Center at base of neck and apply horizontally with light tension left and right, secure with zero tension.



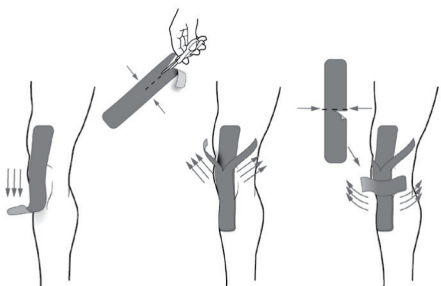
APPLICATION: Shoulder Pain (3 strips)

- 1 Cut one strip lengthwise to the midway point.
- 2 Position Y shaped strip at mid-point between elbow and top of shoulder. Move your arm forward, with zero tension, apply the back tape end along the backside of shoulder. Move your arm back and with zero tension apply the front tape end along the frontside of shoulder.
- 3 Position next strip 8-10 cm (3-4") above the shoulder joint. Apply the tape strip over the shoulder joint and down the arm with zero tension.
- 4 Position third strip to the base of shoulder blade and over the shoulder joint with zero tension.



APPLICATION: Ankle Pain (2 strips)

- 1 Sit with ankle in a relaxed position. Begin first strip on the edge of your inside calf muscle. Move tape across the top of the ankle and around outside of anklebone. Continue under the arch of your foot. Tape should come under the arch, cross in front of the ankle and finish on the outside calf muscle. Apply with minimal tension.
- 2 Repeat step 1 from other side.



APPLICATION: Knee Pain (3 strips)

- 1 Using zero tension apply one strip vertically over the center of the knee joint with approximately 5-8 cm (2-3") below the kneecap.
- 2 Cut second strip lengthwise to the midway point.
- 3 Position the Y shaped strip you created at base of strip one, about 5-8 cm (2-3") below the knee cap. Whit minimal tension, apply ends around both sides of the knee joint.
- 4 Remove backing paper from center of third strip. Using light tension, position strip horizontally just under the knee cap.

