

## KINESIO ® TEX TAPE INFORMATION SHEET

Kinesio ®Tex tape is a woven elastic tape designed to mimic the properties of the skin. It is comprised of 100% cotton fibers (that stretch on a longitudinal axis only) and 100% acrylic adhesive backing that is heat activated. There is no latex used in Kinesio tape.

### **Kinesio Tape can be applied for many reasons. The primary purposes of these techniques are:**

- ☯ To assist a joint to hold a position so that an overstretched muscle is provided time to shorten. *Overstretched muscles are at a disadvantage to work and get fatigued easily resulting in weakness and injury.* Once the muscle is given more time to return closer to its typical length, it can be recruited more efficiently.
- ☯ To provide tactile and proprioceptive awareness of a muscle or joint. *Increasing the sensory awareness of an area, helps increase the overall attention to the body and promote postural awareness.*
- ☯ To aid in the release of fascial restrictions or to help relax an overused muscle. *This helps to allow optimal alignment and decreased pain in a particular area.*
- ☯ To promote better structural alignment of the body. *This can help neutralize muscle tension and improve strength, endurance and control for daily activities.*
- ☯ To decrease swelling, edema, and/or bruising. *Facilitating circulatory and lymphatic function will allow more rapid healing and decreased pain.*

### **Wearing Kinesio ®Tex tape:**

- ☯ If a test patch is applied, it can be left in place for up to 24 hours. Remove the tape immediately if any skin irritation is noted, including redness, itching, or swelling.
- ☯ This tape is part of the therapeutic treatment process and should be left in place for 3-5 days if possible. Please observe the area closely and remove the tape if any irritation occurs. Remove the tape and allow the area to breathe for approximately 24 hours in between applications.
- ☯ Tape can get wet in pools or while bathing or showering; however, **do not** blow-dry the tape! Excessive heat will make the removal more difficult, will leave residue on the skin *and will also aggravate the skin.*
- ☯ If tape begins to roll or fray at the edges with normal wear and tear, simply trim the edges to prevent them from being caught on clothing and inadvertently pulled off.

### **Removal of Kinesio ®Tex tape:**

- ☯ Please take your time to remove the tape gently. **Do not** tear the tape off quickly like an old band-aid. *Loosen the ends that have begun to strip away from the skin and slowly peel the tape away while stabilizing with the opposite hand.*
- ☯ Place a thin layer of baby oil, vegetable oil, or tape remover directly on top of tape and allow it to soak in for 15-20 minutes, this may help break up the adhesive backing.
- ☯ Hydrate the skin and apply lotion to skin after removal of tape, but do not apply lotion to skin within 30 minutes of re applying Kinesio tape. The skin should be clean and dry with each taping application.
- ☯ If you have any questions or experience any problems with your Kinesio Tex taping application, please contact me.

