

General Instructions - START HERE

- Always apply to clean, dry skin surface
- Never stretch ends when starting or completing application
- To ensure proper adhesion, rub back of tape vigorously after applying on skin



To apply end first, tear paper 2" from end and apply 2" of tape with no stretch



To apply middle first, tear paper in middle and apply 2" of tape with stretch

IT BAND SYNDROME (Outer knee pain)



Apply end on outside of leg, mid thigh.



Stretch (50%) down length of thigh and apply end with no stretch.



Apply horizontal strip perpendicular to the vertical strip at sight of pain with stretch (80%).



Apply strip with equal pull, with ends having no stretch.

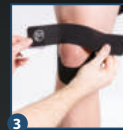
PATELLO FEMORAL PAIN SYNDROME (Pain in and/or around knee cap area; patella tracking issues)



Apply first strip horizontally below kneecap.



Apply ends of strip with upward motion around kneecap with moderate stretch (50%) with ends having no stretch.



Apply second strip above kneecap with moderate stretch (50%).



Finish with upper strip ends having a downward motion to surround knee.

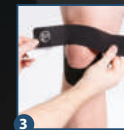
PATELLAR TENDONITIS (Pain just below knee cap)



Apply first strip horizontally below kneecap.



Apply ends of strip with upward motion around kneecap with moderate stretch (50%) with ends having no stretch.



(optional) Apply second strip above kneecap with moderate stretch (50%).



Finish with upper strip ends having a downward motion to surround knee.

PLANTAR FASCIITIS (Arch/heel pain)



Place first strip at Achilles tendon and wrap over heel towards forefoot.



Begin the second strip on the underside of the foot, near the middle of the arch, pulling the strip up the inside of leg.



Finish strip with stretch (50%) in the middle and no stretch at the end.



Finish with stretch (50%) in the middle of strip and apply ends with no stretch.

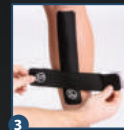
CALF PAIN



Lay first strip at base of calf muscle, placing tape up the calf.



Use moderate stretch (50%) in the middle, with no stretch at the ends.



Apply second strip to site of pain perpendicular to first strip with stretch (80%), leaving ends with no stretch.



BENEFITS

- Elastic properties allow you the freedom of motion without restricting muscles or blood flow
- Promotes circulation, reduces muscle fatigue
- Provides moderate soft tissue management
- Can be left on for several days, providing 24/7 support to expedite the healing process
- Helps prevent injuries and manage pain and swelling

Pro-Tec Athletics assumes no responsibility or liability for any injury which happens to occur while wearing this product.

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Redmond, WA USA



SINGLE STRIP KINESIOLOGY TAPE

- Effective relief for general muscle tightness, knee pain, IT Band syndrome, plantar fasciitis, shin splints, back pain, tennis elbow and more!
- Includes 10 precut pieces (2"W x 9 3/4" L)
- Simple directions for common injuries

Instruction Guide



Designed for Peak Performance

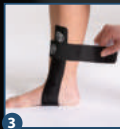
SHIN SPLINTS (Vertical line of pain along edge of shin bone)



Apply first strip end inside of arch, running up tibia (shin bone).



Apply strip with stretch (50%).



Apply second strip horizontally to first strip with stretch (80%) along site of pain, leaving ends with no stretch.

HAMSTRING PAIN



Apply first strip on upper thigh and stretch down hamstring.



Finish strip with stretch (50%) in middle and no stretch at the end.



Apply second strip perpendicular to first strip at site of pain with stretch in the middle (80%), but not on ends.

LOWER BACK



Apply first two strips vertically and parallel to each side of the spine using stretch in the middle (50%), but not on the ends.



Apply the third strip perpendicular to the first two strips on the site of pain if possible with stretch (80%).

NECK PAIN



Apply upper first strip to lower neck down along spine.



Apply strip with stretch (50%) in the middle with no stretch at end.



Apply second strip perpendicular to first along site of pain, if possible.



Finish strip with stretch in the middle (80%) and no stretch on the ends.

SHOULDER PAIN (Rotator Cuff)



Apply two strips down along shoulder joint around side of shoulder with stretch in the middle (50%) and no stretch at ends.



Apply third strip perpendicular to first two strips. Wrap along tip of shoulder (acromion).



Finish strip with stretch (80%) in middle and no at ends.

LATERAL EPICONDYLITIS/TENNIS ELBOW (Pain on outer forearm just below elbow)



Apply first strip along outer forearm starting at elbow.



Finish first strip with stretch (50%) to middle and no stretch at ends.



Apply second strip perpendicular to site of pain.



Finish second strip with stretch (80%) in middle with stretch at ends.

CARPAL TUNNEL (Wrist pain)



Apply first strip down inner forearm towards wrist.



Finish first strip with stretch (50%) in middle and no stretch at ends.



Apply second strip perpendicular to first on site of pain.



Finish second strip with stretch (80%) in middle and no stretch at ends.

ACHILLES TENDONITIS (Pain in tendon behind ankle)



Apply first strip to bottom of heel.



Finish strip up the calf with stretch (50%), along the Achilles, with no stretch at the end.



Apply Horizontal strip perpendicular to first strip at site of pain with stretch (80%). Finish with end applied around calf with no stretch.