

frida mom

Pain + Strain Relief Tape Guide

Carrying around a watermelon-sized human takes its toll on the body and sometimes you need to call for some backup. Our Pain + Strain Relief Tape [aka Kinesiology tape] acts like a supportive layer by gently lifting the skin to decompress pain receptors, improve circulation and provide support and stability to muscles and joints. Kinesiology tape provides a comfortable, non-invasive solution to pregnancy pain discomforts. Plus, the medical-grade adhesive is water-resistant so even while you work out it stays stuck in place.

WARNING & PRECAUTIONS

- ⚠ In some cases, mild/moderate skin reactions can occur. These include redness, itchiness, hives, swelling. If you experience a burning or stinging sensation it might indicate a mild allergic skin reaction. Immediately remove tape if any skin reaction occurs.
- ⚠ If symptoms do not improve or if new symptoms develop, please contact a medical professional and discontinue use,
- ⚠ Remove the tape in accordance with our below instructions. Failure to remove the tape as instructed could result in a skin reaction.
- ⚠ Allow for your skin to breath up to 24hrs between each taping session, do not immediately reapply tape after removal.
- ⚠ The tape can pose a strangulation hazard. Keep out of reach of children.
- ⚠ Store in a clean dry place. Do not use if tape appears dirty or damaged.

READ BEFORE YOU GET STARTED



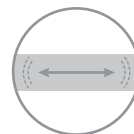
Patch test

Test a piece of tape on your skin prior to styling.



Prep skin

Cleanse area you want to tape + remove excess hair.



Don't overstretch

Overstretching tape may result in skin irritation and/or abrasion.



Anchor those ends

Do not stretch the last 2" of both ends of the tape.



Activate the adhesive

After applying, rub tape to activate adhesive.



Don't rip it off

Soak tape in oil [coconut oil works great!] for 5-10 min and peel away gently.

Patch Test Instructions

- Before use, cut a 1" strip of tape
- Apply to a clean area of the belly
- Leave for a minimum of 30 minutes
- After 30 minutes, remove carefully using oil per removal instructions



If skin irritation is observed, discontinue use immediately. If further irritation is observed, consult a medical professional.

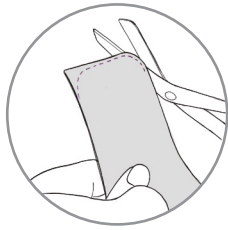
APPLICATION INSTRUCTIONS

Step 1



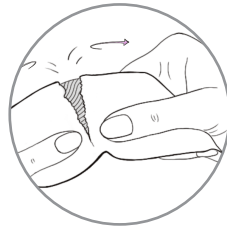
Skin should be clean and dry, free of oil, sweat and lotion.

Step 2



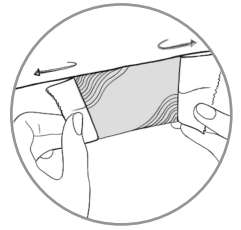
Round corners of the tape to prevent catching on clothes and lifting up the tape.

Step 3



Twist and pull to tear paper backing either from the end or from the center.

Step 4



Fold paper backing and create tabs. Avoid touching the adhesive side.

Step 5



Press tape down on your skin with the remaining backing paper still applied.

Step 6



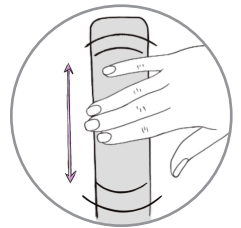
Using light to no stretch, directly apply it to the skin.

Step 7



Anchor the last 2" of the tape with no stretch.

Step 8



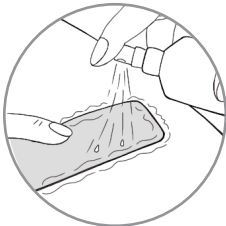
Rub the tape throughly to activate adhesive.



Caution: In some cases, mild/moderate skin reactions can occur. These include redness, itchiness, hives, swelling. If you experience a burning or stinging sensation it might indicate a mild allergic skin reaction. Immediately remove tape if any skin reaction occurs.

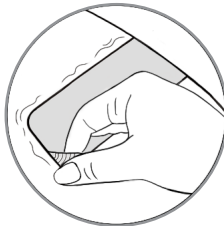
TAPE REMOVAL

Step 1



Soak the tape with oil for 5-10 minutes to help break down the adhesive.

Step 2



Begin by peeling tape up at a corner.

Step 3



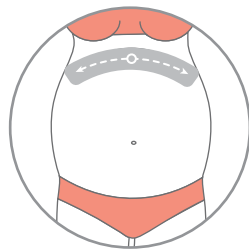
Hold skin down where tape is being pulled off with one hand while gently pulling tape up with the other hand. If strong resistance is felt, stop removal, add more oil and wait until removal feels comfortable.



Caution: Remove the tape in accordance with our above instructions. Failure to remove the tape as instructed could result in a skin abrasion or reaction.

ROUND LIGAMENT PAIN

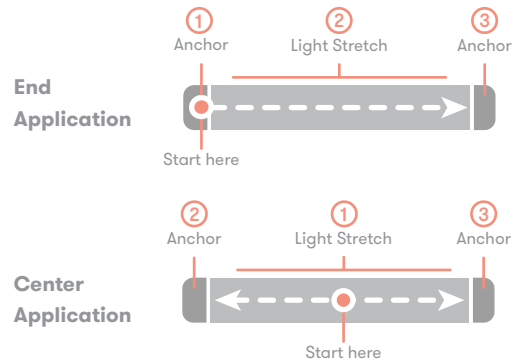
Diaphragm Belt



[Center Application]

Start from the middle of the sternum, and curve down the ribcage using light stretch.

TAPING METHODS

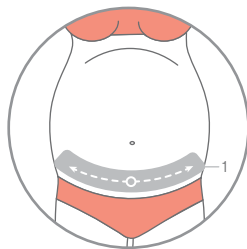


Belly Belt

Supports lower belly reducing round ligament and pelvic pain.

※ **Application Tip:**
Stand or lay on your back to stretch the belly area.

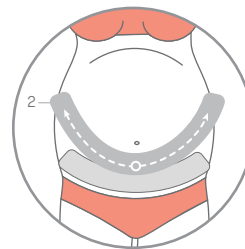
Step 1



[Center Application]

Start from the middle taping across the lower pelvic area using light stretch.

Step 2



[Center Application]

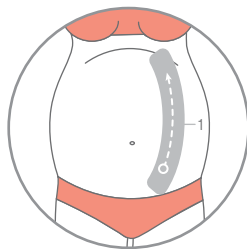
Apply the 2nd strip above the 1st, and extend upward slightly past the waist using light stretch.

Front Sling

Supports entire frontal belly to relieve strain.

※ **Application Tip:**
Stand or lay on your back to stretch the belly area.

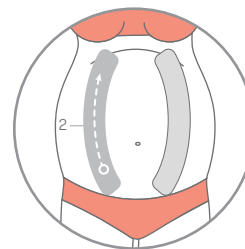
Step 1



[End Application]

Start at the lower abdomen and tape laterally covering your belly up to the rib cage using no stretch.

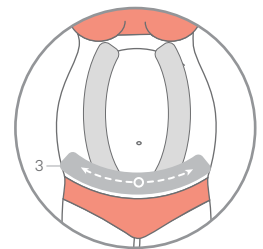
Step 2



[End Application]

Follow the same application on the opposite side creating two parallel strips.

Step 3



[Center Application]

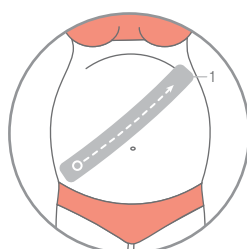
Starting from the middle tape horizontally across the lower pelvic area.

Baby Belt

Supports the bump when it is protruding too far.

※ **Application Tip:**
Stand or lay on your back to stretch the belly area.

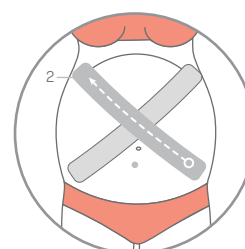
Step 1



[End Application]

Start by anchoring tape at the front of the hip. Tape across the belly up to the rib cage using light stretch.

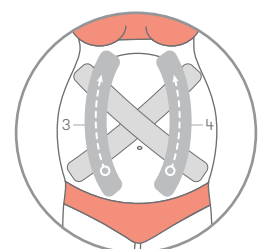
Step 2



[End Application]

Follow the same application on the other side creating an X.

Maximum Support



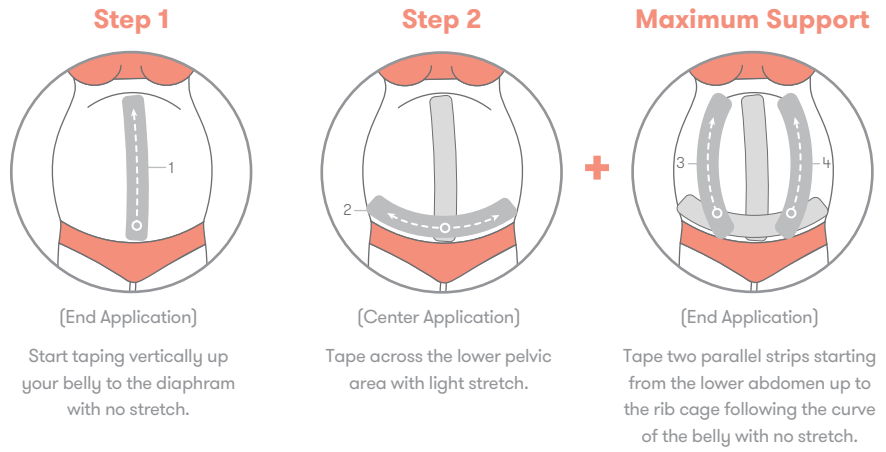
[End Application]

Tape two parallel strips starting from the lower abdomen up to the rib cage following the curve of the belly with no stretch.

Full Frontal Support

Supports belly to relieve discomfort in the front and lower abdominal region.

※ **Application Tip:**
Stand or lay on your back to stretch the belly area.

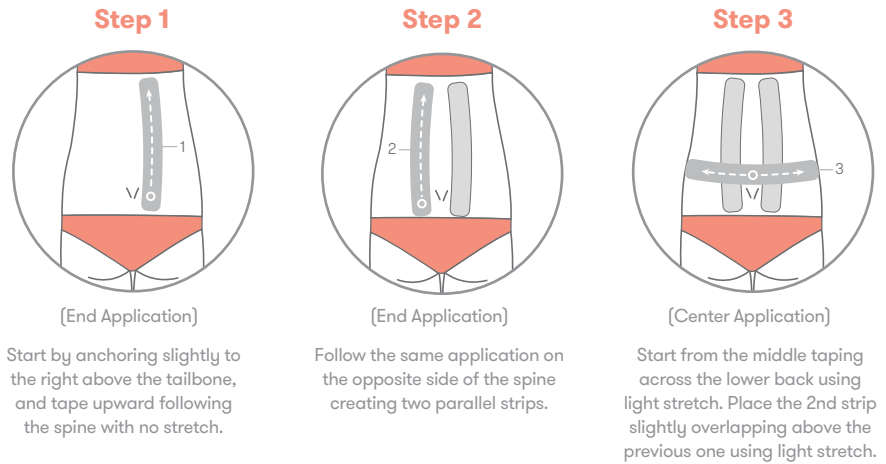


LOWER BACK PAIN

Full Back Belt

Supports lower back strain.

※ **Application Tip:**
Lean forward to stretch the lower back.



Back Belt

Supports low back pain.

※ **Application Tip:**
Lean forward to stretch the lower back.

