



**THERAPEUTIC TAPES + BANDAGES**

**REASONS FOR TAPING HORSES:**

Horses can benefit significantly from taping for a variety of conditions such as pain management, stabilization of joints and muscles (support taping), inflammation, disc bulge, scar taping, lymphatic drainage, energy meridian taping and to increase proprioception. Outlined below are some conditions that can be alleviated by equine taping.

NOTE: Be sure to study the pictures for each type of strip and then follow the additional instructions for each application below. It is important to cut the tape to the desired length for each application.

**DO NOT APPLY THE TAPE TO INJURED OR IRRITATED SKIN.**

Please read the list of contraindications prior to applying the tape. It is advisable to apply the tape on a small area of skin for a short period to test for any adverse reaction. It is important to consult with your veterinarian before applying the tape.

**Contraindications**

Kinesiology tapes are not meant to replace medical advice. It is important to consult with your veterinarian before applying the tape. Always follow instructions on how to use the tapes which are provided in our website and in the insert contained in the box.

Do not over stretch the tape when applying. In the unlikely event of

experiencing itchiness and/or irritation on the skin please remove immediately. Follow the instructions on how to remove the tape which are provided in our website and in the insert in the box.

**The tape should not be used under the following conditions:**

- Infections and skin diseases
- Open wounds and fractures
- Malignant cancers
- Advanced kidney diseases
- Congestive heart failure and any cardiovascular conditions
- DVT (Deep Vein Thrombosis)
- During fever
- During pregnancy

**HOW TO APPLY Equine Taping GENERAL INSTRUCTIONS.**

FOR DETAILED INSTRUCTIONS AND CONTRA-INDICATIONS PLEASE REFER TO OUR WEBSITE

[www.ttb tapes.com](http://www.ttb tapes.com)

**Skin Preparation**

Shave area if necessary. Use rubbing alcohol wipes and clean skin. Dry the skin thoroughly.

**Measuring length**

Measure length of affected area. Cut tape accordingly. Round off edges as it lasts longer & does not catch onto blankets. Do not over stretch tape.

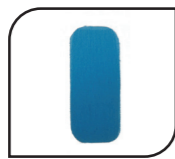
**How To Apply**

Twist & tear paper backing 1" - 2" from one end only or from middle as per detailed instructions below & on website. Apply sticky portion with no stretch to affected area. Follow detailed instructions on individual body parts for specific stretch percentage. Rub tape 3 - 4 times to activate glue.

Avoid vigorous activities for 1 hour.

Lasts 3 - 5 days depending on the application.

**How to cut:**



**I-STRIP** just cut the length desired and round off the corners.



**Y-STRIP** leave a 1-inch base, cut the rest of the strip in half. Round off all the corners.



**X-STRIP** cut an I-strip, fold it in half and cut each end in half. Leave a 1-inch base in the middle. Round off all corners.



**FAN-STRIP** leave a 1-inch base. Cut 4 to 5 even strips. Only round off the corners of the base.

**TAPING:** Is used to relieve pain caused by any soft tissue injury. This is done by stimulating sensory pain receptors surrounding the injured area. Most of the pain taping protocols require a minimum of 2 pieces of tape. Remember to hand walk the horse for at least 10 minutes after application of pain taping. If pain is intense, the vet will recommend not to move the horse.

**TMJ**

Cut: one I-strip and one X-strip.  
Size: 2-inch width to the desired length.  
Tension: 50% in the middle of the X-strip, 10% otherwise.  
Application: Apply the I-strip starting above the TMJ and running along the mandible. Apply the X-strip over the TMJ.

**NECK**

Cut: I-strips.  
Size: one 4" width I-strip and two 2" Tension: 10%.  
Application: Bend the horse's neck away whilst you apply the medium length 4" I-strip. This will create a positive lifting effect above the area of pain. Use the two 2" I-strips as support anchors on top and bottom of the 4" I-strip.

**SHOULDER**

Cut: I-strips.  
Size: one 4-inch width, two 2-inch width for the anchor strips.  
Tension: 10%.  
Application: One I-strip over the scapula. Another one going from the withers to the elbow. Use anchors to support both strips.

**BACK**

Cut: I-strips.  
Size: two 4-inch width, two 2-inch width for the anchor strips.  
Tension: 10%.  
Application: Begin taping in front of the withers, run the tape all along both side of the spine and end behind the point of the hip. Place one anchor strip at the base of the withers and another one in the hip area.

**INFLAMMATION:** Inflammation causes increased swelling and pressure build up in the affected areas. Taping acts as a second skin by lifting the skin thereby causing an increase in the interstitial space which reduces the inflammation and the pressure. The fan shaped tape stimulates circulation bringing nutrients and oxygen to the affected area and promotes healing.

Fan tapes are also used when stocking-up occurs. Stocking-up occurs when lymphatic drainage and circulation are compromised. The fan tape promotes the outflow of fluid and other toxic build up. Fan tapes should be used in pairs.

**LOCAL INFLAMMATION**

Cut: fan-strip.  
Size: two 4-inch width or 2-inch width if on a small area such as the head.  
Tension: 10%.  
Application: The base of the tapes should be outside of the inflamed area. The smaller strips should be applied in a weaving, criss cross pattern over the area. This taping should be removed after 24 hours, and reapplied if necessary.

**STOCKING UP**

Cut: fan-strip.  
Size: two 4-inch width.  
Tension: 10%.  
Application: Place the base of the tape above the knee, then the smaller strips in a criss cross pattern. This taping should be removed after 24 hours, and reapplied if necessary.

**PROPRIOCEPTION TAPING:** Proprioceptors found just below the skin are specialized sensory cells. These cells give awareness to the body and body parts in relation to each other as well as in relation to their environment and surrounding. Proprioception taping protocols are used to prevent injury during training and to improve the horse's posture and athletic ability.

**PROPRIOCEPTION**

Cut: I-strip.  
Size: 2-inch width.  
Tension: 10%.  
Application: Must be applied equally on both sides. Apply one strip along the crest, another one following the cervical spine. Apply strips on the anterior portion of the shoulders, the knees and the hocks. Apply strips along the back, the semitendinosus and the biceps femoris.

**SUPPORT TAPING:** stabilizes the joints without compromising the horse's natural range of motion. The kinesiology tapes acts as a second skin and strengthens the joint and the surrounding muscles.

**SACROILIAC**

Cut: X-strip and I-strip.  
Size: one 4-inch width for the X-strip, two 2-inch width for the I-strip anchors.  
Tension: 50% in the middle of the X-strip, 10% otherwise.  
Application: Place the middle of the X-strip over the middle of the sacrum. Use the two I-strips as anchors.

**DEEP DIGITAL FLEXOR TENDON**

Cut: I-strips.  
Size: one 2-inch width, two 2-inch anchors.  
Tension: 75% for the tendon tape, 10% for the anchor strip.  
Application: Begin taping above the origin of the tendon, end below the fetlock. If necessary, clip the feathers for better adhesion. The anchor should not completely enclose the leg as they might cause damage to the tendons.

**ENERGY MERIDIAN TAPING:** According to ancient, Traditional Chinese Medicine (TCM) energy pathways known as Qi flow through the body. Blockages in the flow of Qi can result in health issues in the organs related to a specific meridian. The energy meridian taping protocols for horses are used to increase the energy flow. Meridian taping needs to be applied bilaterally. Hand-walk your horse for 20-30 minutes after application. This application should not be left on for more than 3 hours. Please note that energy meridian taping does not replace acupuncture.

**BLADDER MERIDIAN**

Cut: I-strip.  
Size: one very long 2-inch width strip or two or three medium length 2-inch width strips.  
Tension: 10%.  
Application: Follow the meridian. If possible, use a single strip of tape. Repeat daily until you notice an improvement. Indications for taping include urinary tract infections; low back pain; generalized body aches; decreased energy to bladder meridian.

**LARGE INTESTINE MERIDIAN**

Cut: I-strip. Size: two 2-inch width.  
Tension: 10%.  
Application: Follow the meridian. Indications for taping include compromised immune system; respiratory problems; constipation or diarrhea, decreased energy flow to large intestine.

**SCAR TAPING:** Scar tissue is formed when injury occurs in the deeper layers of the skin and tissue and eventually heals as fibrous connective tissue leaving behind a scar. Scar taping must only be applied when the wound is completely healed and closed.

**SCAR TAPING:**

Cut: I-strip.  
Size: one 2-inch width cut in six pieces, lengthwise.  
Tension: 25% if painful, 100% otherwise.  
Application: Form "X" over the length of the scar.

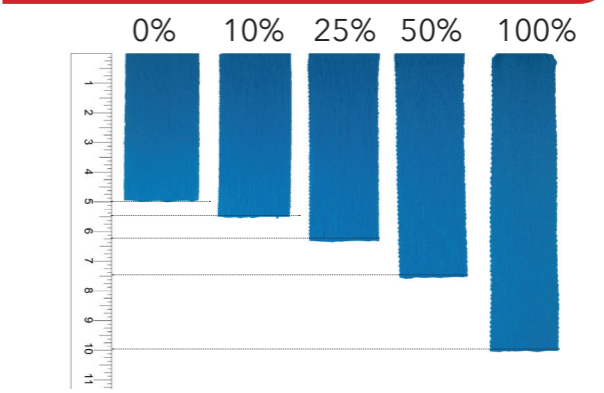
**KNEE**

Cut: X-strip and I-strips.  
Size: one 4-inch width, two 2-inch width for the anchor strips.  
Tension: 10%.  
Application: Place the middle of the X-strip over the middle of the knee. The anchor strips should not completely enclose the leg as they might cause damage to the tendons.

**How to remove tape.**

1. Removing tape may be unpleasant
  2. Apply hand lotion over tape
  3. Gently pull tape in the direction of the hair
  4. Pull tape slowly allowing it to fold onto itself
- Attention : Do not pull the tape at an angle as it can be painful

**The stretching percentages from left to right:**



**STIFLE**

Cut: X-strip and I-strip.  
Size: one 4-inch width for the X-strip, two 2-inch width I-strips.  
Tension: 50% in the middle of the I-strip, 10% otherwise.  
Application: Place the middle of the X-strip over the patella. Then apply the middle of the I-strip over it. If the middle of the I-strip is 50% tension it needs to be applied first. Use sticky spray, if necessary, to ensure adhesion.

**SEMITENDINOSUS/BICEPS FEMORIS**

Cut: Y-strip and I-strip.  
Size: one 4-inch width Y-strip, two 2-inch width I-strip for the anchor strips.  
Tension: 10%.  
Application: Apply the base of the Y-tape at the insertion of the semitendinosus. One arm of the Y-strip continued over the semitendinosus while the other covers the biceps femoris. Place the anchor strip over the ends of the Y-strip.