

NEO
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Medical & Lifestyle
Innovation

NEOTAPE

APPLICATION GUIDE



HYPOALLERGENIC



WATER RESISTANT*



BREATHABLE



*To prolong product life during wear do not submerge in water for long periods of time.

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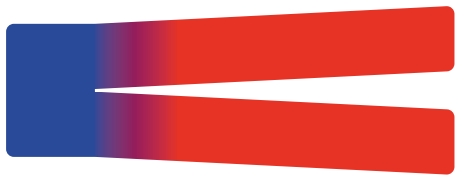
1. HOW TO CUT THE TAPE



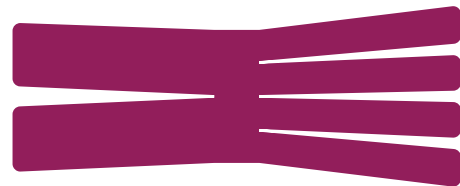
I



W



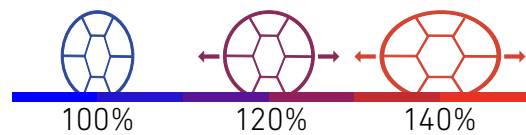
Y



Y to W



X



Visual Tension Guide

2. PLANTAR FASCITIS

This taping technique can be used for plantar fasciitis as well as general foot swelling.

For this technique you will require:

1 x **W** strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Visual
Tension
Guide

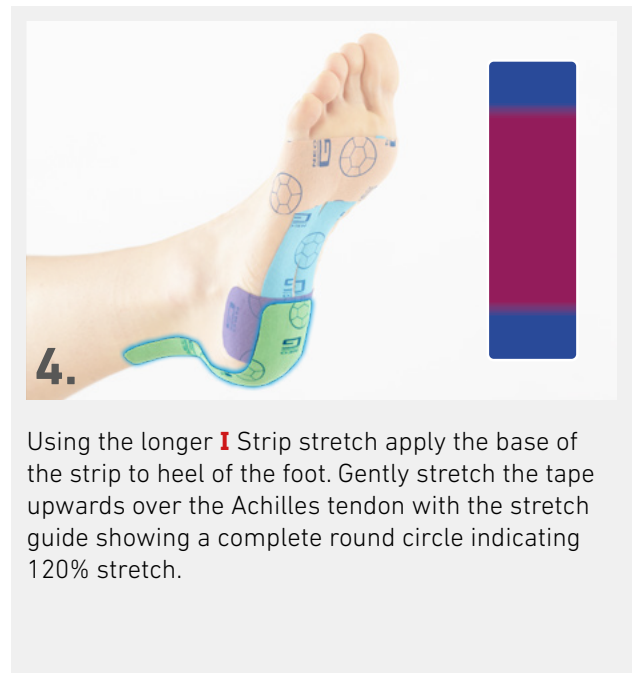
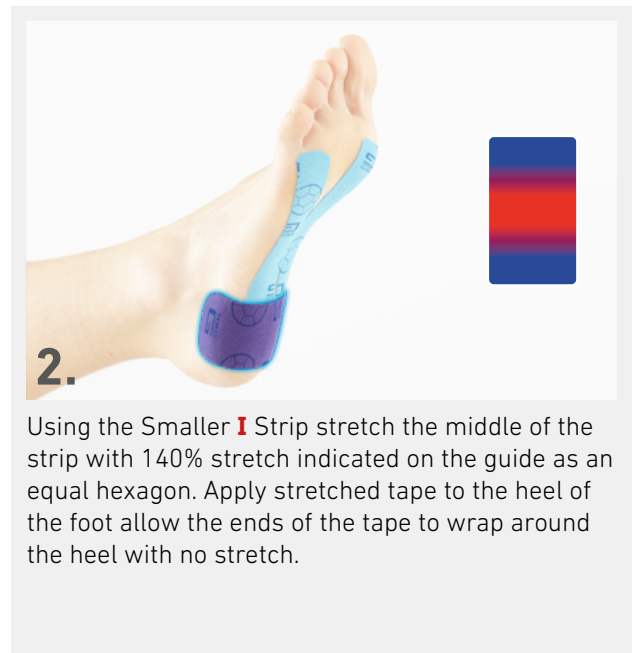


3. FOOT-HIGH ARCHES

This taping technique is suitable for high arches of the feet.

For this taping technique you will require 4 strips of tape consisting of the following:
1 x **X** Strip, 1 x Smaller **I** Strip, 1 x Medium **I** Strip and 1 x Large **I** Strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Visual
Tension
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4. FOOT - TOP OF FOOT

This taping technique is suitable for general pain associated with the top of the foot examples of which could be overuse or poor fitting footwear.

For this technique you will require 3 strips of tape consisting of the following:
2 x Smaller **I** Strips and 1 x Longer **I** Strip


After applying each strip use the backing paper to gently rub the area for better adhesion. Apply the tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.

1.



Using 1st smaller **I** strips stretch the tape to 140% tension indicated by an equal hexagon on the guide. Apply the stretched tape to the top of the foot at the pain point. Allow the ends of the tape to wrap around the foot with no stretch.

2.



Using the 2nd smaller **I** strip repeat step 1 higher up the foot. NB: Position of the 2nd strip is down to the users preference some users find having the 2nd strip closer to the 1st strip is beneficial for them.

3.



Using the Longer **I** Strip, apply to the bottom of the strip to the top of the foot behind the toes with no stretch. Stretch the tape upwards over the shin with 120% stretch indicated by the complete round circle on the guide. Apply the end of the tape with no stretch.

Visual
Tension
Guide



5. ANKLE SPRAIN

This taping technique is suitable for general ankle sprains and ankle swelling.

For this technique you will require 4 strips of tape consisting of the following:
1 x **X** strip, 2 x **W** strips and 1 x **I** strip.

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Using **X** Strip apply middle part of the strip onto the pain point with no stretch. Stretch the 4 branches gently. NB: if the stretch guide is on any of the branches this should be stretched to make a circle.



Using the 1st **W** strip apply the top part of the strip part way up the leg with no stretch and branches pointing down. Apply each branch downwards to cover the pain point. Each branch should have the stretch guide making a full circle where possible. The end of each branch should be applied with no stretch.



Using the 2nd **W** strip apply the top part of the strip part way up the leg with no stretch and branches. Apply each branch downwards to cover the pain point crossing over strip 2. Each branch should have the stretch guide making a full circle where possible. The end of each branch should be applied with no stretch.



Using the **I** strip apply top of strip above the pain point with no stretch. Apply strip downwards over pain point with the stretch guide showing a full circle. Continue to wrap the strip below the pain point and under the sole of the foot applying the tape on the other side of the ankle with no stretch.

Visual
Tension
Guide



100%



120%



140%

6. SHIN SPLINTS

This technique is suitable for shin splints and general injuries in this region.

For this technique you will require 3 strips of tape consisting of the following:
1 x Longer **I** strip and 2 x Smaller **I** Strips

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Using the longer **I** strip apply the base of the strip to the top of the foot around the ankle joint with no stretch. Stretch the tape upwards so that the guide shows a complete round circle indicating 120% stretch and apply up the shin over the area of pain.



Using the 1st smaller **I** strip stretch the middle of the tape so the guide shows an equal hexagon indicating 140% stretch. Apply the strip below the pain point. Apply each end of the strip without stretch and wrap around the shin.



Using the 2nd smaller **I** strip repeat step 2 above the pain point on the shin.



Visual
Tension
Guide



100%



120%



140%

ACHILLES TENDON

This taping technique is suitable for Achilles tendon strains and general pain in this region.

For this technique you will require 2 strips consisting of:
1 x **X** strip and 1 x **Y** strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape for a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



1.

Using the **Y** Strip apply the joint part of the strip onto the Achilles tendon with no stretch.

NB: The joint part can be longer if required for the Achilles



2.

Apply each of the branches around the calf muscle with 140% stretch indicated on the guide by a complete equal hexagon.



3.

Using the **X** strip apply the middle of the strip across the Achilles tendon with no stretch. Gently stretch each of the 4 branches away from the middle to form the x shape being careful not to wrap fully around the ankle. If the stretch guide is on any of the 4 branches it should form a complete round circle.



Visual
Tension
Guide



100%



120%



140%

8. CALF

This taping technique is suitable for general calf pain, muscle strains and localised swelling in the calf muscle.

For this technique you will require 3 strips of tape consisting of:
1 x **X** strip and 2 x **W** Strips

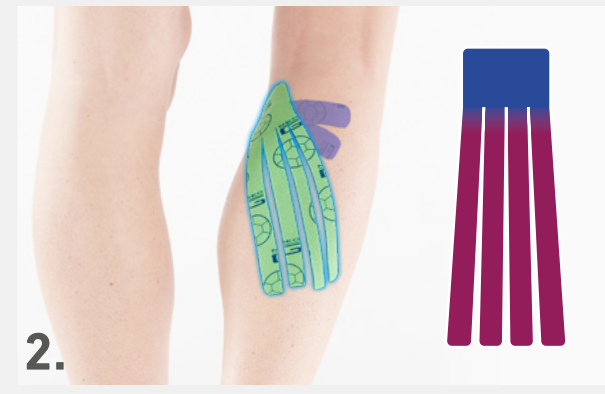
After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.

1.



Using the **X** strip. Apply the middle of the strip at the pain point on the calf with no stretch. Gently stretch each branch outwards to form the X shape with 120% stretch indicated by a complete round circle on the stretch guide.

2.



Using the 1st **W** strip apply the joint part above the pain point to one side of the calf muscle with no stretch. Stretch each branch downwards and sideways towards the opposite side of the calf covering the pain point. The stretch guide should show a complete round circle for each branch.

3.



Using the 2nd **W** strip repeat step 2 on the opposite side of the calf muscle

9. KNEE - FULL SUPPORT

This taping technique is suitable for general knee weakness either through injury or secondary to a medical condition such as arthritis. The use of the W strips in this application also allow this technique to be used for knee swelling.

For this technique you will require 4 strips of tape consisting of the following:
2 x **W** Strips, 1 x **Y** strip and 1 x **I** strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life



Using the 1st **W** strip apply the base of the strip to one side of the knee with no stretch. Apply stretch to each branch and apply across the knee joint. NB: If the stretch guide is on the branches it should show a complete round circle indicating 120% stretch.



Using the 2nd **W** Strip repeat step 1 from the opposite side of the knee.



Using the **Y** Strip apply the strip from the middle of the thigh above the knee and stretch downwards towards the top of the knee with the stretch guide showing a complete round circle (120% stretch) until you reach the split in the tape.

Apply each branch around the knee being careful to not stretch the tape when crossing over strip 1 and 2 and allow each strip to join back up below the knee. NB: For areas where the tape isn't crossing strip 1 or 2 the tape should be at 120% stretch.



Using the **I** Strip apply the middle of the strip below the knee cap with no stretch. Apply 120% stretch to each side of the strip indicated on the guide by a complete round circle making sure that there is no stretch applied when crossing over strip 1 or strip 2. Wrap each end of the strip around the sides on the knee with no stretch.

Visual
Tension
Guide




10. KNEE - FULL SUPPORT


This taping technique is suitable for general knee support and pain associated with knee conditions by helping provide stability, improving muscle imbalances and relieving pressure on the joint.

For this technique you will require 3 strips of tape consisting of the following:
1 x Smaller **I** Strip, 2 x Longer **I** Strips

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



1. Using the smaller **I** strip, stretch the middle of the tape to 140% stretch indicated on the guide by a complete equal hexagon. Apply tape below the knee cap and allow the ends of the tape to wrap around the knee with no stretch.



2. Using the 1st Longer **I** Strip place the top of the strip above the knee cap with no stretch applied. Continue to apply tape on downwards with a small amount of stretch till you reach the outside of the knee cap. Stretch the tape to form the complete round circle on the guide indicating 120% stretch and apply the tape downwards diagonally to the other side of the knee cap. Allow the end of the tape to be applied to the leg with no stretch.



3. Repeat step 2 for the opposite side of the knee.



Visual
Tension
Guide

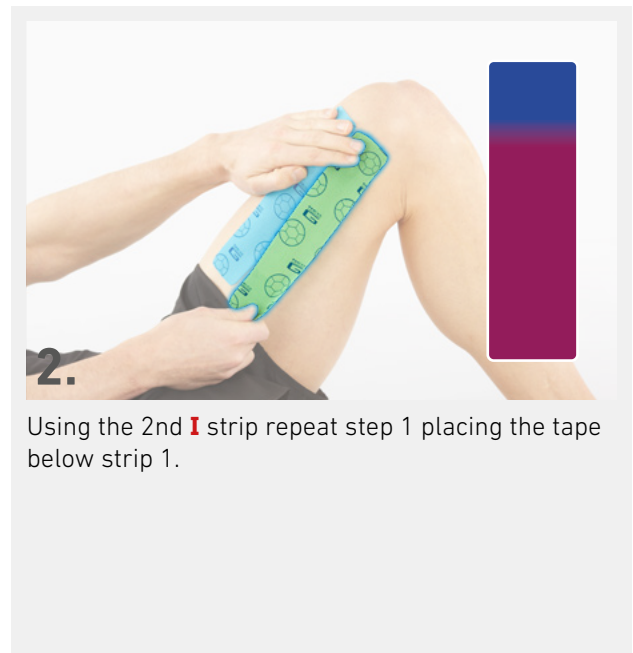
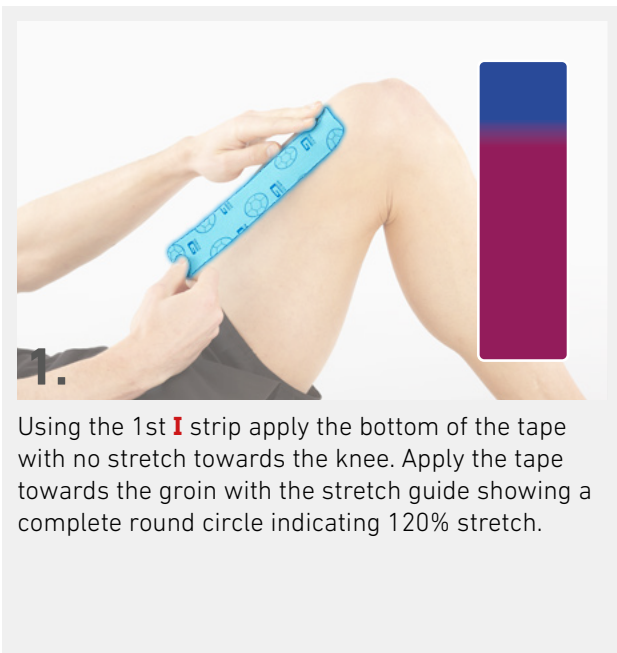


11. GROIN

This taping technique is suitable for general muscle strains around the groin area as well as specific pain in the groin.

For this technique you will require 2 strips of tape consisting of the following:
2 x **I** Strips

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Visual
Tension
Guide



12. HAMSTRING

This taping technique is suitable for general muscle strains in the hamstring region.

For this technique you will require:

1 x I Strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Apply the base of the strip below the pain area on the back of the leg with no stretch.

Stretch the tape so that the guide shows a complete round circle indicating 120% stretch.



Apply the stretched tape upwards along the hamstring muscle covering the pain area.

NB: Some users find a 2nd strip useful. If required either place the strip next to strip 1 or place the base of the strip next to strip 1 and stretch the tape outwards to form a V shape if a larger area is required

Visual
Tension
Guide



13. ABDOMINALS

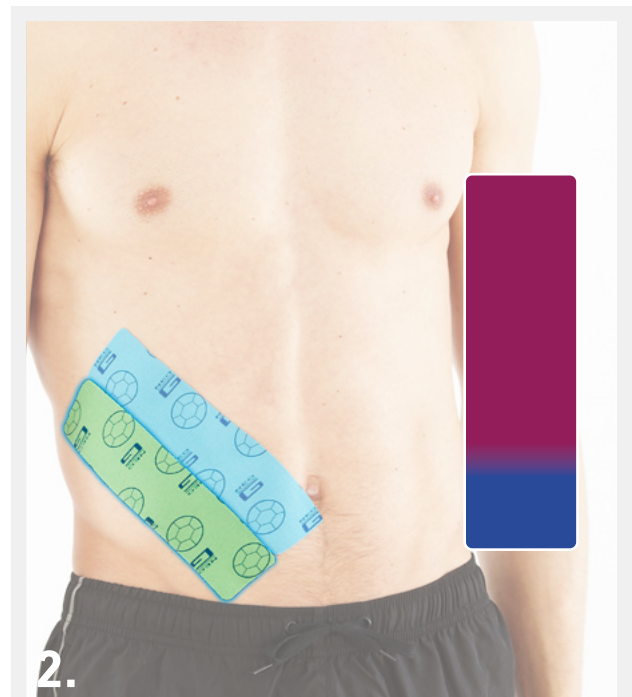
This taping technique is suitable for general muscle discomfort/ injuries around the abdominal muscles.

For this technique you will require 2 strips of tape consisting of the following:
2 x **I** Strips

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply the tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Using the 1st **I** strip place the bottom of the strip with no stretch below the pain point starting from the centre of the body. Stretch and apply the tape diagonally upwards away from the centre of the body with the stretch guide showing a complete round circle indicating 120% stretch.



Using the 2nd **I** Strip repeat step 1 placing the tape below strip 1

14. RIBS

This application is suitable for general rib pain as well muscle injuries associated with this region.

For this taping technique you will require 4 strips of tape consisting of the following:
4 x **I** Strips


After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.

1.




Using the 1st **I** strip apply diagonally along the rib line above the pain point. The middle of the strip should have the stretch guide showing a complete round circle indicating 120% stretch. Allow each end of the tape to be applied with no stretch along the rib line.

2.




Using the 2nd **I** Strip repeat step 1 below the pain point and parallel to strip 1.

3.



Using the 3rd **I** Strip stretch the middle of the strip so the guide shows a complete round circle indicating 120% stretch. Apply the strip to the left of the pain point and vertical over strip 1 and 2 as illustrated.

4.



Using the 4th **I** Strip repeat step 3 to the right of the pain point. You should now have the pain point isolated between 4 strips of tape.

15. WAIST PAIN

This taping application is suitable for general waist pain as well as lower back pain.

For this technique you will require 5 strips:

1 x **X** Strip, 1 x **W** Strip and 3 x **I** strips (2 shorter versions and 1 longer version)

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life



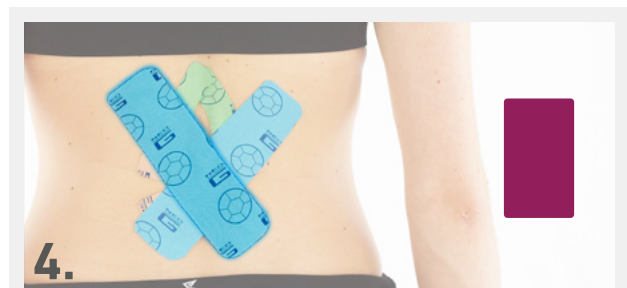
1. Using the **X** strip apply the middle of the strip on the lower back over the pain point. Apply the middle part with no stretch. Gently stretch the 4 branches away from the centre of the body to form the x shape. NB: If the stretch guide is on the branches it should form a complete circle indicating 120% stretch.



2. Using the **W** Strip apply the joint part of the strip to the pain point on the X-Strip with no stretch and the branches pointing upwards. Stretch the branches upwards and outwards with the stretch guide showing a complete circle continue to stretch upwards and back towards the spine ending at a natural point on the spine forming an ellipse arc. The end of the branches should be applied with no stretch.



3. Using 1 of the Smaller **I** Strips. Apply the bottom of the strip to the pain point. Stretch upwards diagonally to the top of the waist. The stretch guide should show a complete circle indicating 120% stretch.



4. Using the 2nd smaller **I** Strip apply the strip on the opposite side of the spine at the pain point. Stretch upwards diagonally to the top of the waist. The stretch guide should show a complete circle indicating 120% stretch.



5. Using the longer **I** strip apply the middle of the strip above the pain point with no stretch. Gently stretch each side along the waist line. The stretch guide should show a complete circle indicating 120% stretch.

Visual
Tension
Guide

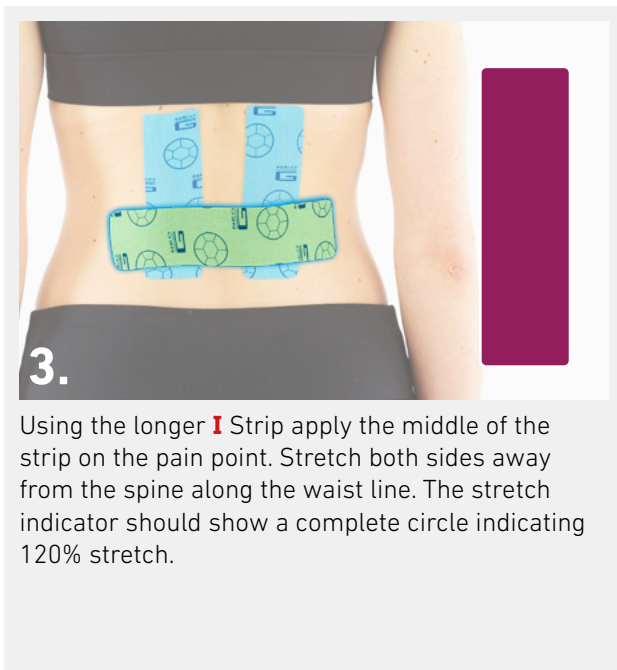


16. LOWER BACK PAIN

This taping technique is suitable for lower back pain and muscle weakness as well as pain in the muscles around the waist.

For this technique you will require:
2 x Shorter **I** strips and 1 x Longer **I** strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



17. UPPER BACK

This taping technique is suitable for general shoulder pain and pain in the upper back (specifically the latissimus dorsi muscles). This technique can also be used for cervical spondylopathy.

For this technique you will require 5 strips of tape consisting of the following:
1 x **X** Strip, 2 x **W** Strips and 2 x **I** Strips

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape 30 minutes before activity and avoid repositioning the tape to prolong the product life.



1. Using the **X** Strip apply the middle part of the strip with no stretch onto the pain point on the spine. Gently stretch the 4 branches away from the spine to form the x Shape. NB: If the stretch guide is on the branches it should form a complete circle indicating 120% stretch.



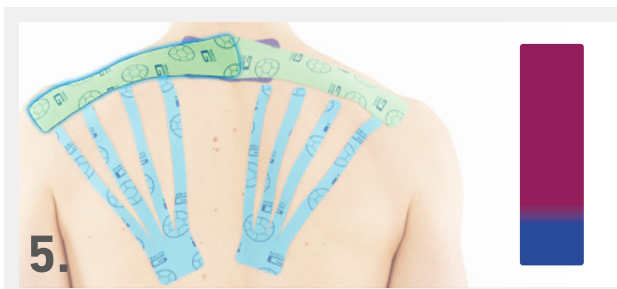
2. Using 1 of the **W** Strips apply the joint part of the strip below the shoulder blade (as pictured) with no stretch. Stretch the 4 branches upwards and around the shoulder blade. Each branch should have 140% stretch indicated by a complete hexagon on the stretch guide.



3. Using the 2nd **W** strip repeat step 2 on the opposite shoulder.



4. Using the 1st **I** Strip apply the base of the strip towards the shoulder with no stretch. Gently stretch the tape towards the neck, the stretch guide should show a complete circle indicating 120% stretch.



5. Using the 2nd **I** Strip repeat step 4 for the opposite shoulder.

Visual
Tension
Guide



100%



120%



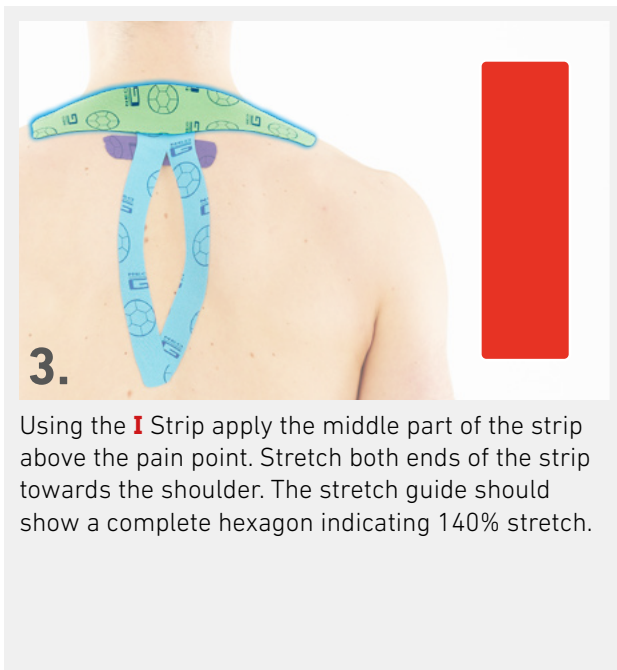
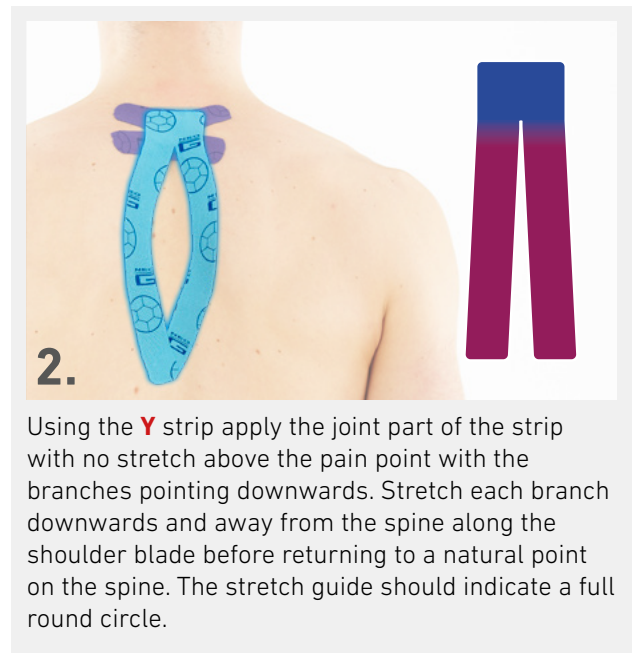
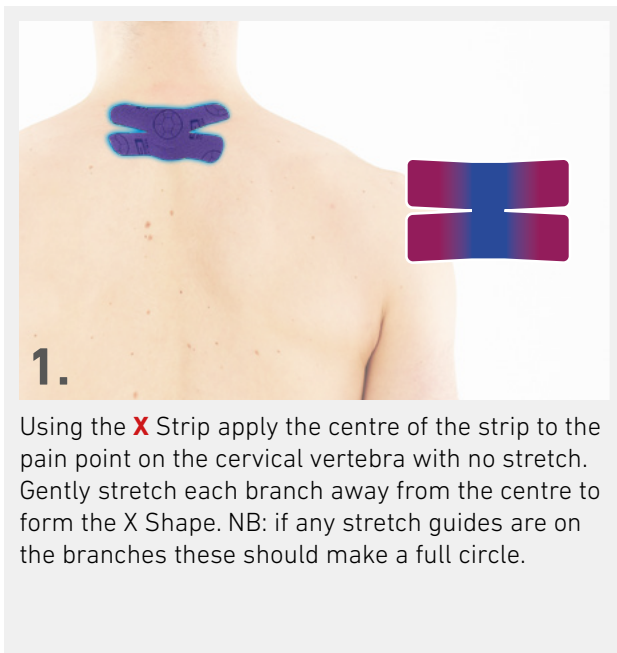
140%

18. SHOULDER PAIN

This application is suitable for both general shoulder pain and weakness as well as specific conditions such as Cervical Spondylopathy.

For this application you will require:
1 x **X** Strip, 1 x **Y** Strip and 1 x **I** Strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Visual
Tension
Guide

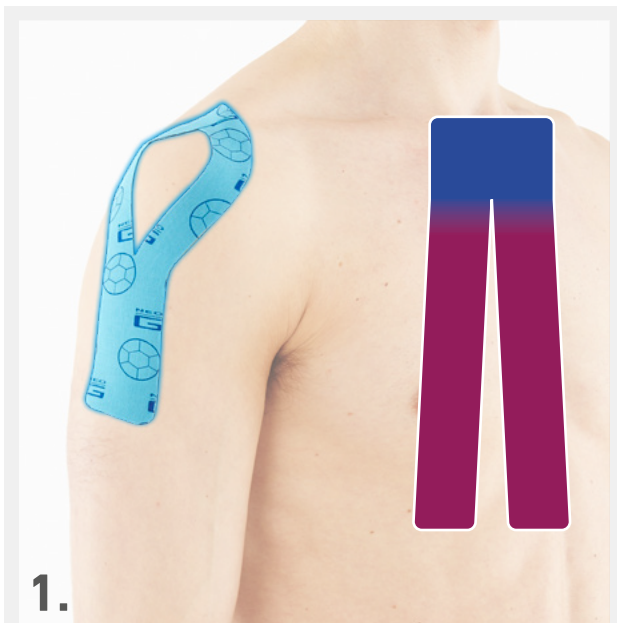


19. SHOULDER PAIN

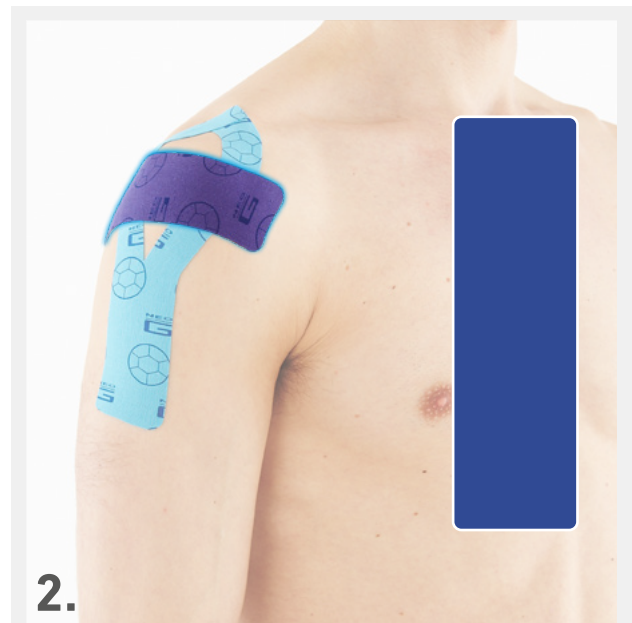
This taping technique is suitable for pain associated around the side of the shoulder joint and the upper arm.

For this technique you will require 2 strips of tape consisting of the following:
1 x **I** strip and 1 x **Y** strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



1. Using the **Y** strip apply the base of the strip on the upper arm with no stretch. Stretch upwards so that the stretch guide shows complete round circle indicating 120% stretch. The strip should split into two branches at the top of the shoulder joint. Each branch should go around the outside of the shoulder and join back together.



2. Using the **I** strip stretch the middle of the strip so that the guide shows an equal hexagon. Apply the stretched strip across the pain point on the shoulder and wrap either end around the shoulder with no stretch.

Visual
Tension
Guide



20. DELTOID

The taping technique is suitable for pain and muscle weakness/imbalance around the shoulder area specifically the deltoid.

For this technique you will require:
2 x **I** Strips


After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.

1.



Apply the 1st **I** strip from the pain point on the shoulder downwards towards the elbow with the stretch guide showing a complete round circle indicating 120% stretch. NB: Picture above shows the pain point at the end of the shoulder.

2.



Apply the 2nd **I** Strip across the upper arm around the shoulder region. Apply 140% stretch indicated by a complete equal hexagon to the middle of the tape. Each end of the tape should be applied with no stretch. NB: Please note this strap can be placed higher up the arm than pictured depending on users preference.

Visual
Tension
Guide



21 TRICEP/BICEPS

These taping techniques are suitable for general muscle pain and weakness in both the biceps and triceps.

For these two applications you will require:
1 x **I** strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Using an **I** strip place the strip starting from the top of the arm with no stretch. Stretch the tape downwards towards the elbow with the stretch indicator showing a complete round circle indicating 120% stretch.



Using an **I** Strip place the strip starting from the above the elbow joint with no stretch. Stretch the tape upwards towards the shoulder with the stretch indicator showing a complete round circle indicating 120% stretch.

Visual
Tension
Guide

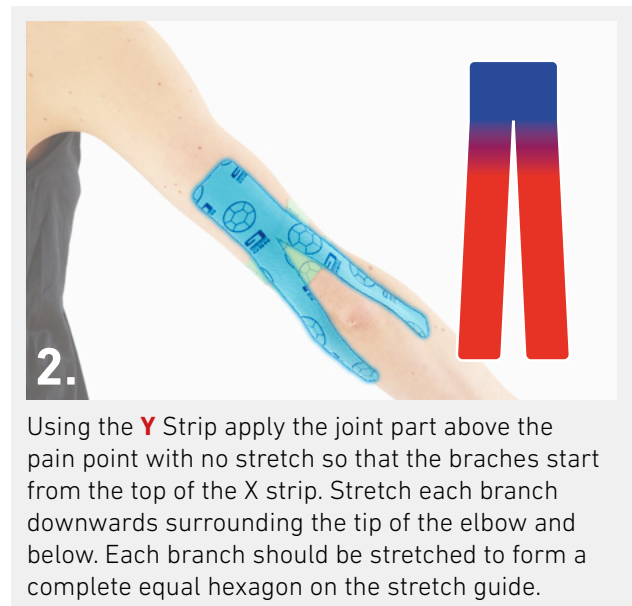


22. BRACHIALS TENDINITIS

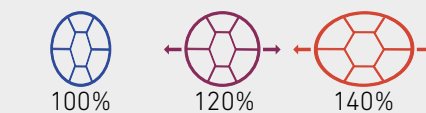
This taping technique is suitable for general pain above the elbow joint as well as tendinitis specifically in the brachialis muscle.

For this technique you will require 3 strips of tape consisting of:
1 x **X** Strip, 1 x **Y** Strip and 1 x **I** strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Visual
Tension
Guide



23. TENNIS ELBOW

This taping technique is suitable for lateral epicondylitis (tennis elbow) and general muscle pain and weakness around the elbow joint.

For this technique you will require 3 stripes of tape consisting of the following:
1 x **X** strip, 1 x **W** strip and 1 x **I** Strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life



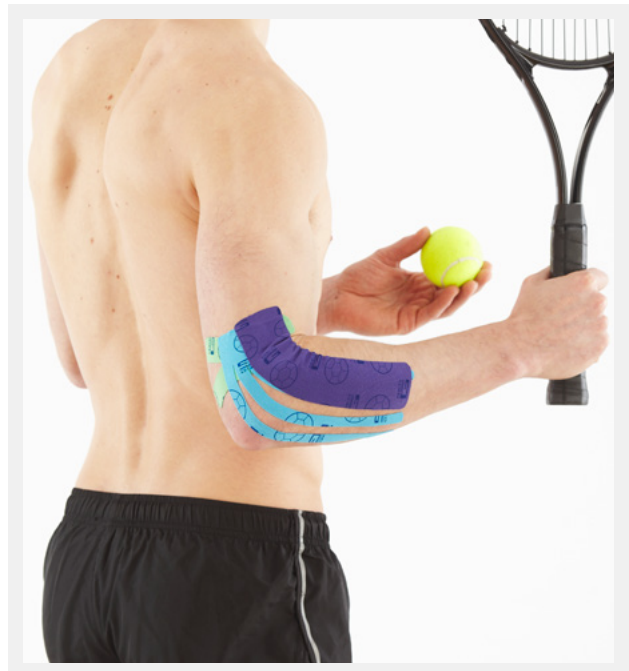
1. Using the **X** strip. Apply the middle of the strip with no stretch to the pain point on the elbow. Stretch each of the 4 branches outwards to form the X shape. Each branch should be stretched to form a complete round circle where possible indicating 120% stretch.



2. Using the **W** strip apply the base of the strip over the pain point with the branches downwards. Stretch each branch downwards towards the wrist with 120% stretch indicated on the guide by a complete round circle.



3. Using the **I** strip apply the tape from the base of strip 2 in the lower arm. Stretch upwards so the stretch guide forms a complete round circle indicating 120% stretch. The tape should reach just above the elbow joint.



Visual
Tension
Guide



100%



120%




140%

24. GOLFER'S ELBOW

This taping technique is suitable for tendinitis of the elbow and specifically medial epicondylitis (golfers elbow). This can also be used for general pain points in the lower arm.

For this technique you will require 3 strips of tape consisting of the following:
1 x **X** strip, 1 x Long **I** strip and 1 x shorter **I** strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life




1.

Using the **X** strip apply the middle of the strip to the pain point on the arm with no stretch. Stretch each of the 4 branches away from the pain point to form the X shape. NB: If the stretch guide is on any of the branches it should form a complete circle indicating 120% stretch



2.

Using the Longer **I** Strip apply the strip starting from the wrist. Gently stretch the tape towards the elbow covering the pain point. The stretch indicator should show a complete circle indicating 120% stretch.



3.

Using the smaller **I** strip apply the tape horizontally across the pain point to wrap around the arm. The middle of the tape should be stretched to 140% indicated on the guide by a complete hexagon.



Visual
Tension
Guide



25. WRIST

This taping technique is suitable for general pain and weakness in the wrist from everyday activities or specific conditions such as arthritis.

For this technique you will require 3 strips of tape consisting of the following:
1 x **X** strip, 1 x **Y** strip and 1 x **I** strip

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Using the **X** strip place the middle of the strip over the pain point with no stretch. Stretch each branch to 120% tension indicated on the guide by a complete round circle and apply around the wrist to form the X shape.



Using the **Y** strip apply the joint part of the strip over the pain point with no stretch. Stretch each branch up the arm and outwards so that the top of the branches is just below either side of the elbow joint. The tape should be stretched to 120% tension indicated on the guide by a complete round circle.



Using the **I** strip apply one part of the strip to the pain point. Wrap around the wrist without any stretch



Visual
Tension
Guide



100%



120%



140%

26. FINGERS/HANDS

This taping technique is suitable for swelling in the hands and fingers as well as pain associated with this swelling.

For this technique you will require 5 strips of tape consisting of the following:
1 x Strip cut to form a **W** strip at one end and a **Y** strip at the other, 4 x small **I** strips

After applying each strip use the backing paper to gently rub the area for better adhesion. Apply tape a minimum of 30 minutes before activity and avoid repositioning the tape to prolong the product life.



Using the **W/Y** strip apply the joint part of the strip to the pain point with the W shape pointing towards the fingers and Y shape towards the elbow.

Stretch the 4 W branches upwards along the hand to just above the knuckles. the 4 branches should be stretched to form the round circle indicating 120% stretch.

Stretch the 2 Y branches upwards and outwards towards the elbow joint. The two branches should be 120% stretch



Using the 4 small **I** strips start from the bottom of the fingers and wrap around each finger upwards towards the nail

