

vive®



KINESIOLOGY TAPE

Owner's Manual
RHB1090

vivehealth.com

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OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Kinesiology Tape as easy as possible.



To see all of the FAQ's in one place
visit vhealth.link/8ee

CUTTING INSTRUCTIONS

Use scissors to cut a length of Tape from the roll.

Fold the length in half end over end, and use the scissors again to round all four (4) corners to prevent the tape from catching on clothing.



APPLICATION INSTRUCTIONS

Vive Kinesiology Tape can be applied to many different areas of the body in various ways. Make sure to consult with your physician about which methods will work best for you.

Vive Kinesiology Tape is created and packaged with a 15% stretch built into it, which is suitable for most applications with no additional stretching necessary. Overstretching the Tape during application can lead to skin irritation, so be careful when applying.

The adhesive used on your Kinesiology Tape is activated by heat and pressure. Rub the Tape slightly as you apply it to get it in position, but make sure to go back over it several times once applied to make sure it stays adhered. Apply the Tape one (1) hour before beginning activity. The skin should be dry and clean of lotions, oils,

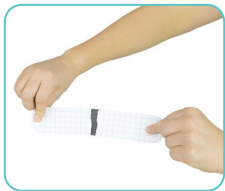
sweat, or excess hair before use. Trim hair over the site if needed.

There are two (2) possible methods for applying the Tape: from the ends, or from the middle.

Applying from the Ends

1. To apply the Tape from the ends, pull both ends to stretch the Tape and tear the backing. Remove the backing from one (1) end.
2. Position your body so that the desired muscle group is stretched slightly.
3. Press the open end of the Tape on one (1) side of the area to be taped to anchor it with no stretch in the Tape.

4. Spread the Tape across the area, removing the rest of the backing, pressing, and smoothing the Tape as you go.
5. When you get to the other end, relieve the stretch in the tape before removing the final bit of backing and anchoring the other end.
6. Rub the Tape thoroughly across the entire length to activate the adhesive.





Applying from the Middle

1. To apply the Tape from the middle, grab around the middle of the length of Tape with both hands. Twist and pull at the middle of the Tape to tear the backing. Start to peel the backing away from the middle, but stop with about an inch and a half left at both ends for handling.
2. Position your body so that the desired muscle group is stretched slightly.

3. Press the middle of the tape in the center of the area to be taped to anchor it.
4. Spread the Tape across the area from the middle, pressing and smoothing it as you go, peeling off more backing as needed.
5. When you get to the ends of the Tape, relieve the stretch in the tape before removing the final bits of backing and anchoring two (2) ends.
6. Rub the Tape thoroughly across the entire length to activate the adhesive.





REMOVAL INSTRUCTIONS

Remove the Tape from skin by peeling it off, starting from the ends. Hold the skin down where the Tape is being pulled off while gently pulling with the other. Remove slowly to prevent skin irritation.

If you have sensitive skin or if the Tape is difficult to remove, rub a small amount of baby oil or olive oil onto the top of the Tape and allow it to soak for about five (5) minutes. This will help to break down the adhesive, making the Tape easier to remove.

COMMON APPLICATIONS

NOTE: Many of the applications listed below would be difficult, if not impossible, to do on your own. Make sure to get assistance from others whenever possible.

Lower Back

While in a seated position, anchor one (1) strip of Tape at the top of the glute and run it vertically up the side of the spine with no stretch. Repeat with a second strip of Tape along the other side of the spine with no stretch. Then apply a support strip across the area with no stretch.



Upper Back

Lean forward and slightly round the back to stretch the upper back area. Anchor the Tape just below the left shoulder and apply downward diagonally toward the waist with no stretch. Repeat with a second strip of Tape from just below the right shoulder downward diagonally toward the waist with no stretch.



Hamstring

While standing with feet shoulder-width apart, reach for your toes to stretch the hamstring. Keep your knees straight while lifting your chin upward. Anchor one (1) strip of Tape at just below the glute and run it vertically downward to just about the knee with no stretch. Then apply a short support strip across the area in a "T" shape with no stretch.



Groin

Lie on your back with your leg spread out to the side at a 45o angle to stretch the groin. Anchor one (1) strip of Tape at the top of the inner thigh and run it vertically downward to just above the knee with no stretch. Then apply a support strip across the area with no stretch.



Calf

With the calf in a stretched position, anchor one (1) strip of Tape at the top of the ankle and run it vertically up to the top of the calf with no stretch. Then apply a support strip across the area with no stretch.



Swelling/Edema

Cut two (2) strips of equal length up the middle lengthwise, leaving a one (1) inch long section intact at one (1) end. Place the muscle in a flexed position, and anchor the uncut end of the Tape at the top of the swelling, running each "finger" down the area with no stretch. Make sure to leave space between the "fingers". Repeat with the second strip of Tape along the other side of the muscle with no stretch.



Thigh

Tuck the leg underneath and lean back as far as possible to stretch the thigh. Anchor one (1) strip of Tape at the top of the thigh and run it down to just above the knee with no stretch. Then apply a support strip across the area with no stretch.



Wrist

With the arm extended and fingers pointed downward, anchor one (1) strip of Tape on the back of the hand and run it up to the mid-forearm with no stretch. Then apply a support strip across the area with no stretch.



Plantar Fasciitis

Flex the foot, anchor one (1) strip of Tape at the heel and run it to the ball of the foot with no stretch. Then apply a support strip across the area with no stretch.

NOTE: You can also cut the tape into "fingers" if desired.



Shin

Lie down on your back, and bend the leg 45° with the foot flexed downward. Anchor one (1) strip of Tape just above the ankle and run it up to just below the knee with no stretch. Then apply two (2) support strips across the area with no stretch.



Shoulder

Position the arm in front of the body and across the stomach to stretch the shoulder. Anchor one (1) strip of Tape at the top of the shoulder and run it to the middle of the upper arm with no stretch. Then reposition the arm behind and across the lower back, and apply a second strip from the top of the shoulder around the front to the top of the bicep with no stretch. Then apply a support strip across the middle of the shoulder with no stretch.



Knee

While in a seated position with the leg at a 90° angle, apply the Tape below the knee, and wrap it around the knee with just enough stretch to keep the Tape from wrinkling. Overlap the pieces across the top of the knee with no stretch.



Ankle

Tear the Tape in the middle, and place it on the floor adhesive side up. Step in the middle of the Tape and rub the adhesive with your foot to activate it. Bring the tape up and over in a cross pattern over the front of the ankle, anchoring on the side of the leg at the base of the calf with no stretch. Then apply a support strip across the area with no stretch.

NOTE: For increased stability, you can apply a second strip of Tape in the same way, slightly overlapping the first.



ADDITIONAL INFORMATION AND SAFETY WARNINGS

- Vive Kinesiology Tape is made of 97% and 3% spandex. Do not use if allergic or sensitive to these materials.
- Do not apply Kinesiology Tape over burns, open wounds, or skin lesions.
- Do not use if you have allergies to any adhesives.
- Do not overstretch the Tape during application as this can lead to skin irritation.
- This product is intended for adult and youth use only. Do not use on infants or toddlers.
- If redness, itchiness, hives, swelling, or any other skin irritation occur, immediately remove the Tape and discontinue use. Consult a physician if symptoms are severe or do not improve within two (2) days.

WARRANTY INFORMATION



GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions
at [vivehealth.link/8ee](https://vivehealth.com/8ee) for helpful answers.



And if that doesn't answer your question, our customer service
team would love to help! Feel free to connect with them by
phone, e-mail, or chat on our website.



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