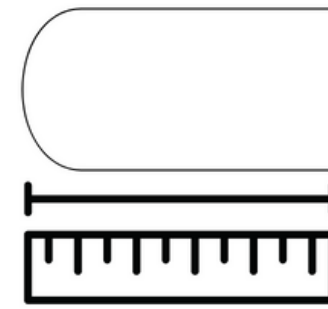


Feel Taping Anleitung

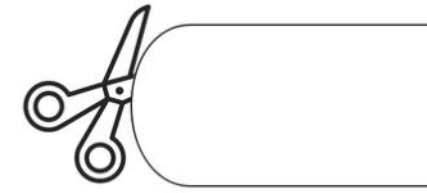
Lower Extremity

4 Steps for the perfect Tape application

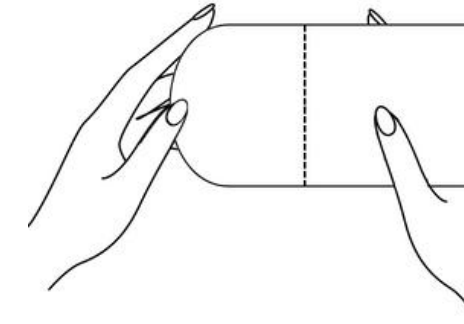
Measure the length of required strips



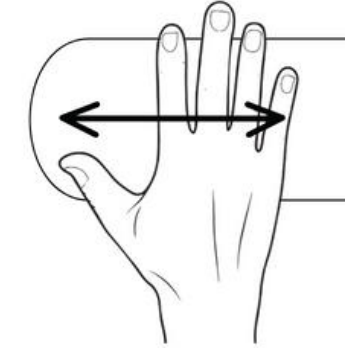
Round the corners to increase the durability time



Tear the back paper



Rub over the tape to activate the adhesive



The tape applications shown here, serve as examples for self-application and do not replace a diagnosis by a doctor or treatment by a therapist. If itching, burning or pain occurs during use, remove the tape immediately and consult a doctor or therapist.

Pain Management

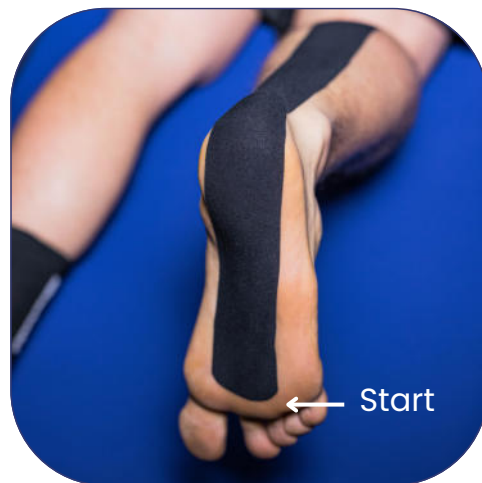
1. Orientation Strip (black)

In the direction of fascial lines or muscle fibres

2. Sensory Strip (red)

Place it directly on the spot of pain or injury

Achilles tendon/Calf



Pull the toes toward the nose and lay the tape without stretch



Lay the second strip with a slight stretch in the center on the point of pain

Lateral Ankle

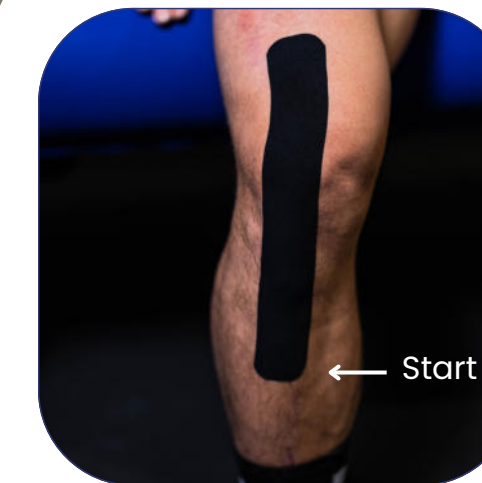


Start from the inside of the foot, over the sole of the foot, to the lateral shinbone



Place the sensor strip with a slight stretch around the ankle

Frontal Knee



Lay the strip vertically from the shin, over the kneecap, to the thigh



Place the sensor strip with a slight stretch horizontally to the patellar tendon

Lateral Knee



Lege den Streifen vertikal vom Oberschenkel, über die Außenseite des Kniegelenks



Platziere den Sensorstreifen mit einem leichten Stretch über den Kniegelenkspalt & bilde so ein X

Quadriceps

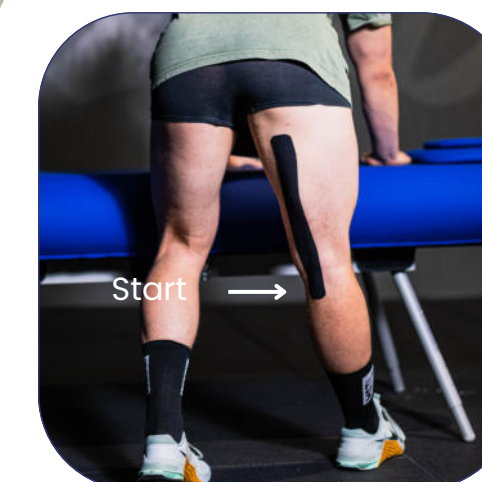


Lege den Streifen vertikal vom Knie den Oberschenkel hoch



Platziere den Sensorstreifen mit einem leichten Stretch horizontal auf die betroffene Stelle

Hamstrings



Lege den Streifen vertikal vom Knie den hinteren Oberschenkel hoch



Platziere den Sensorstreifen mit einem leichten Stretch horizontal auf die betroffene Stelle

Shin



Lege den Streifen vertikal von unterhalb des Knies die Schienbeinkante entlang



Platziere den Sensorstreifen mit einem leichten Stretch horizontal auf die betroffene Stelle

Edema



Platziere den geschlossenen Teil des Tapes oberhalb der Schwellung



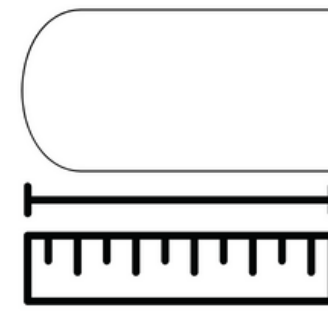
Lege nun die einzelnen Beine mit leichtem Stretch über die gesamte Schwellung

Feel Taping Instructions

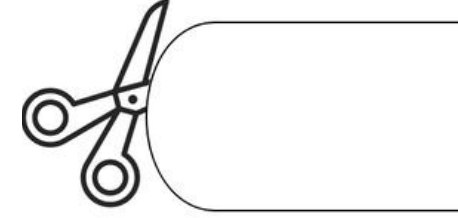
Torso & Upper Extremity

4 Steps for the perfect Tape application

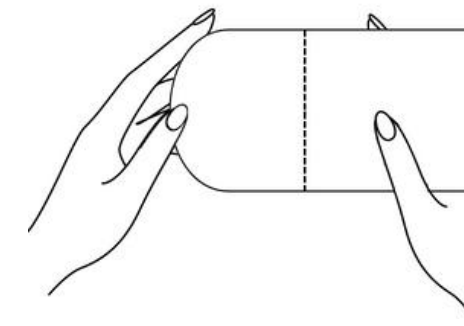
Measure the length of required strips



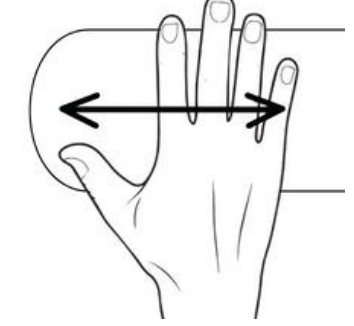
Round the corners to increase the durability time



Tear the back paper



Rub over the tape to activate the adhesive



The tape applications shown here, serve as examples for self-application and do not replace a diagnosis by a doctor or treatment by a therapist. If itching, burning or pain occurs during use, remove the tape immediately and consult a doctor or therapist.

Pain Management

1. Orientation Strip (black)

In the direction of fascial lines or muscle fibres

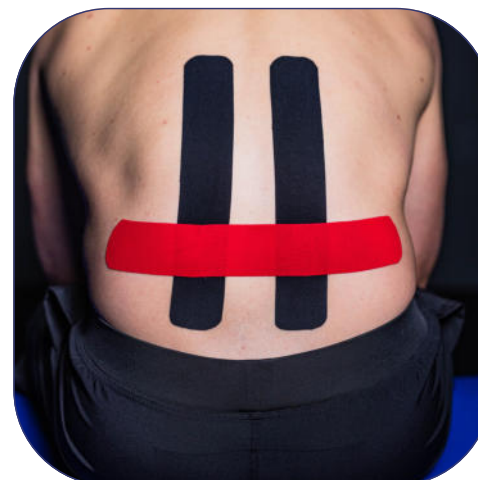
2. Sensory Strip (red)

Place it directly on the spot of pain or injury

Lower Back

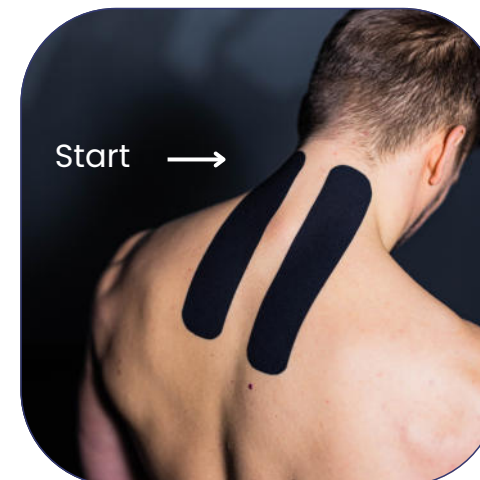


Bring the back into a pre stretches position and apply one strip of each side of the spine

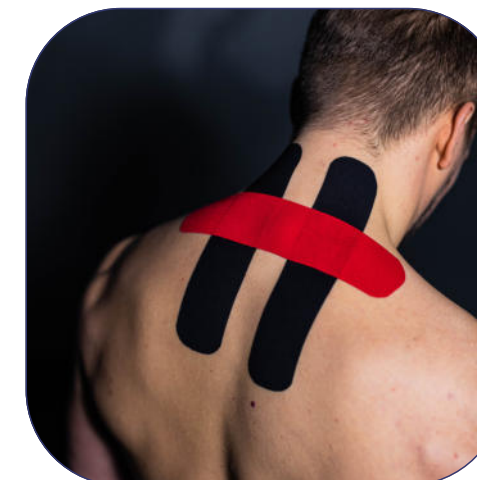


Lay the third strip with a slight stretch in the center on the pain point

Upper Back

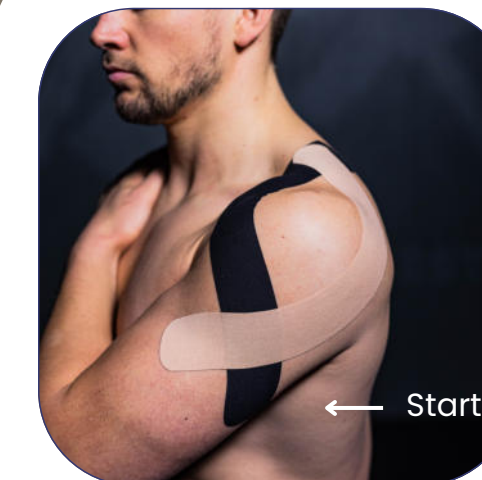


Bring the neck into a pre stretches position and apply one strip of each side of the spine

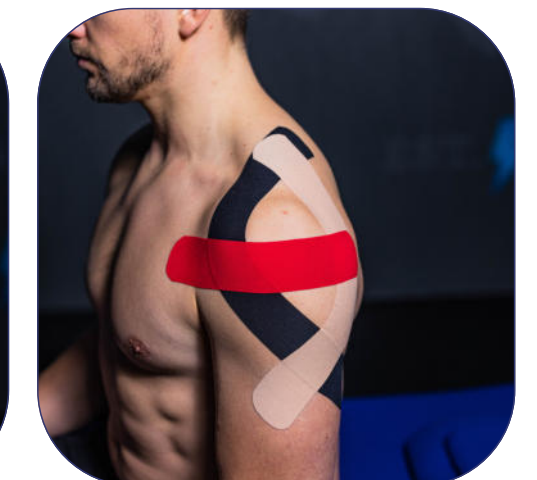


Lay the third strip with a slight stretch in the center on the pain point

Complete Shoulder

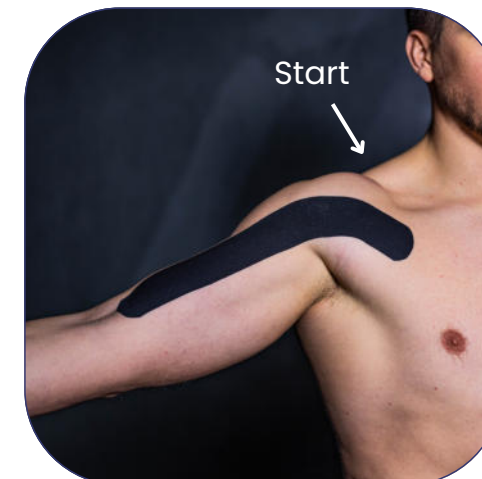


Place one strip each on the front and back of the shoulder



Lay the third strip with a slight stretch in the center on the pain point

Front Shoulder



Lay the strip from the chest over the shoulder towards the biceps



Place the sensor strip with a slight stretch on the point of pain

Shoulder Blade



Lay two strips as an X on top of each other



Place the sensor strip with a slight stretch horizontally on the affected point

Mediale Elbow

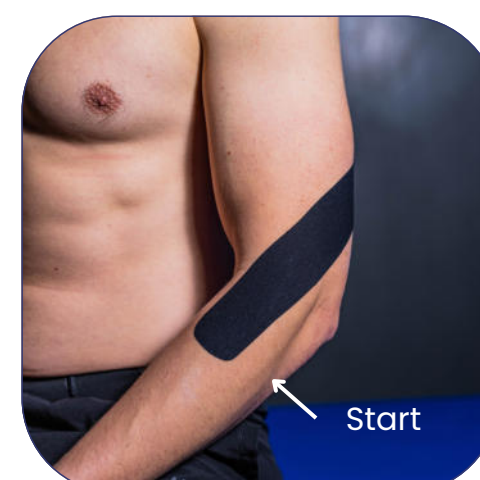


Place the strip from the forearm over the medial elbow



Place the sensor strip with a slight stretch on the point of pain and create an X

Laterale Elbow



Place the strip from the forearm over the lateral elbow



Place the sensor strip with a slight stretch on the point of pain and create an X

Wrist



Lay the strip from the Carpal bones up the forearm



Place the sensor strip with a slight stretch in the center on the point of pain