



KEEP FIT

THANKS FOR PURCHASING WRAP IT UP KINESIOLOGY TAPE FROM KEEPFIT!

Our Wrap it up tape has quickly become one of the most beloved kinesiology tapes available. To help aid you in your kinesiology taping quest, we have provided you with a helpful eBook Kinesiology taping guide that you can store on your mobile device for you to take anywhere, for Free!

WRAP IT UP

KINESIOLOGY
TAPE

GREAT REASONS TO USE WRAP IT UP KINESIOLOGY TAPE

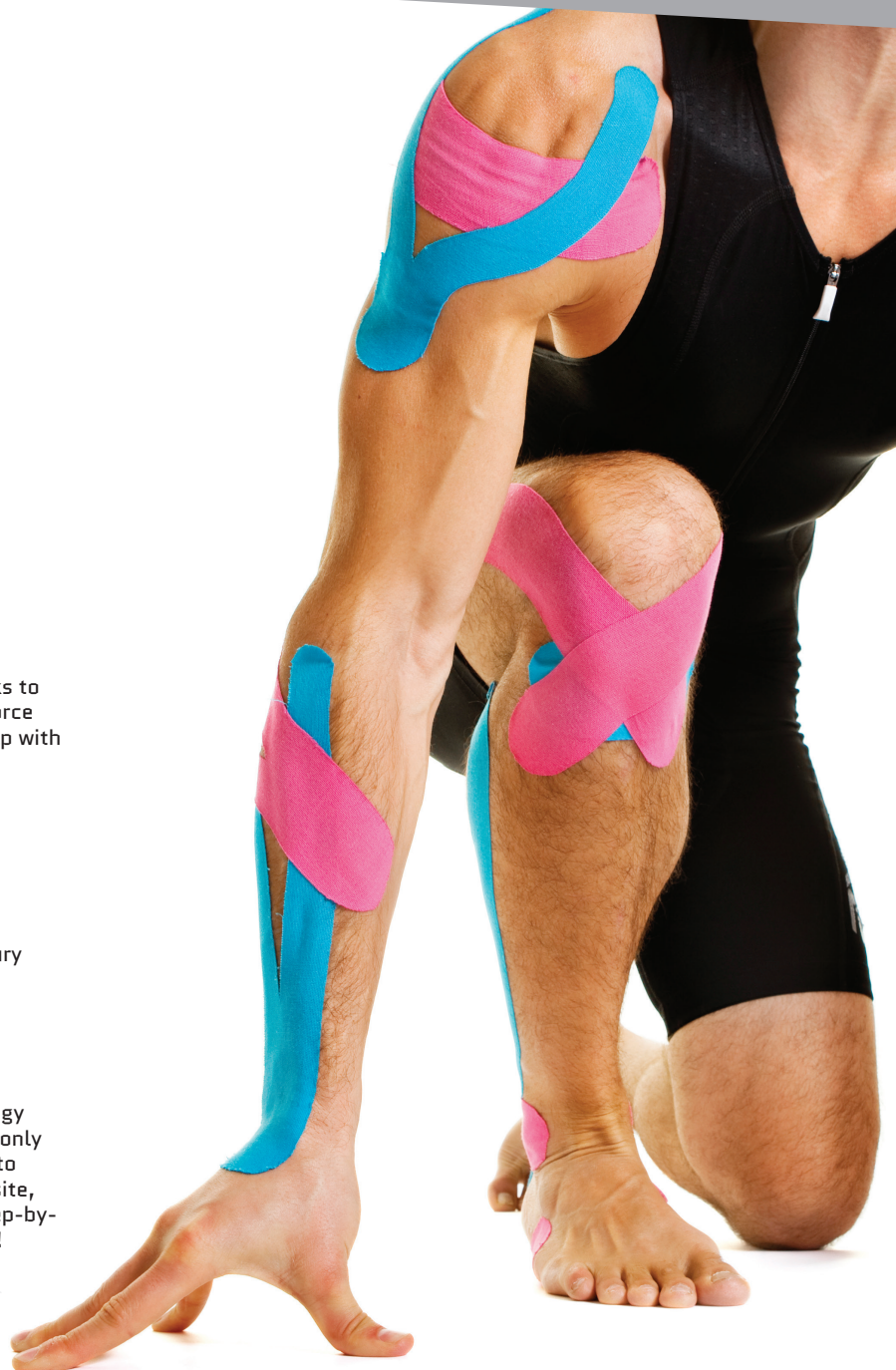
The main benefit of a Wrap It Up Kinesiology Tape is that it sticks to the skin easily without exerting any stretching or constricting force on the skin. It is a favorite among all athletes because it can help with the following:

- Rapid relief from pain
- Decreased swelling, edema and inflammation
- Less chances of bruising
- Prevention of muscle spasms
- Quick recovery of muscles from lactic acid induced stress
- Pressure support for weakened muscles
- Increase in the tone and strength of muscles following an injury

GETTING STARTED AND APPLYING WRAP IT UP KINESIOLOGY TAPE

Worried about apply your brand new roll of Wrap It Up Kinesiology tape and screwing it up? Don't be! Kinesiology tape application only requires a couple minutes and our helpful guide. Take a minute to become familiar with the below guide, choose your application site, clean and apply. That's it, pretty easy huh? By following our step-by-step instructions you will be a Kinesiology taping pro in no time!

WRAP IT UP RIGHT THE FIRST TIME, EVERYTIME!





KNEE

- Take 2 strips of tape and make their corners rounded to prevent the tape from being peeled easily.
- Flex the knee at a 90 degree angle and apply both the tapes, one atop the other under the knee stretching the tape to about 75%. Don't stretch the corners while applying the tape. Try not to touch the adhesive surface of the tape during application.
- Take another strip and measure it around the bent knee. Adhere one end of this strip to the thigh. Stretch the tape to about 25% and follow the curve of the knee cap, when you reach the lower end of knee cap, apply 50% stretch. Finish off below the knee with no stretch.
- Similarly, take a second strip of tape and follow the above step for the other side of the knee. Finish off with rubbing the strips so that they become better adherent to the skin.



ANKLE

- Take a long enough strip and round its corners. Apply it just above the sore ankle. Wrap it below the sole and stick it on the opposite side of the ankle with a 50% stretch.
- Take a second strip and wrap it around the back of ankle around the Achilles tendon, from one end of the first strip to the other.
- Take a third strip. Stick its one end at the outside of ankle and wrap it around the heel, applying its end point at the starting point of the first strip.
- Rub down the strips.



ELBOW

- Flex the elbow joint at 90 degrees. Start with a long strip, sticking its "champion" end on the dorsum of forearm.
- With a 50% stretch, stick it all the way to the back of the arm. Finish with 0% stretch.
- Take a second piece of strip and stick it along the starting point of first strip in a V-shaped manner.
- Stick it in the same pattern as the first one on the other side of elbow. Rub upon the strip to activate it.



SHOULDER

- The head is tilted towards the opposite shoulder. The arm of the side on which the tape is being applied should be completely relaxed. Take a long enough strip and anchor it to the bottom of the deltoid muscle.
- With 25% stretch, follow along the bulk of the muscle and stick the tape at the top of the shoulder in a slight rounded fashion.
- Take a second strip of same length and apply it in a V-shaped pattern at the starting point of the first strip but don't cross over the first strip.
- Stick the second strip in the same pattern as the first one on the other side of the muscle. Rub the tape at the end to activate the adhesive part of the tape.



BACK

- Take a whole strip; divide it into two and round its corners with a pair of scissors.
- Stick the first piece of strip on the traumatized area with a 75% stretch.
- Apply the second strip at a right angle to the first strip making a cross shape.
- Take two more strips of same size; apply the third strip in a way as to cut the cross in half. Apply the fourth strip at right angle to the third strip. The end product will be a star shaped pattern. Rub down on the strips to activate the adhesive.



WRIST

- Round the corners of a strip.
- Apply the strip directly over dorsum of the affected wrist with a 75% stretch.
- Take a second strip and apply it over the underside of wrist.
- With the hand in a flexed position, apply a full length strip with 25% stretch, starting at the back of the hand and ending at the upper part of forearm. Rub the strips to activate them.

We hope you truly enjoy using Wrap It Up Kinesiology Tape.
You are now ready to crush whatever comes your way!

**KEEP
FIT**