



KINESIOLOGY TAPE

GUIDE









FriCARE 
— YOUR BEST CAREGIVER —

Welcome to this guide to using **FriCARE Pre-cut Kinesiology Tape**. Just tear off a strip, remove the backing and you're ready to tape - no cutting or measuring required!

The guide contains general advice developed in consultation with various taping experts who work closely with **FriCARE**. **FriCARE Pre-cut Kinesiology Tape** can be applied in a variety of methods which are flexible and adjustable to suit your needs. Kinesiology Tape can be applied by you, health professionals or anybody else assisting you; the guide can be used as an introductory aid to application and could potentially reduce the need for regular appointments with health professionals. **FriCARE** recommends that any aches, pains, strains and injuries should be assessed by a suitably qualified healthcare professional before initial tape application: this may be a valuable opportunity to experience tape application by a professional.

Why choose **FriCARE Pre-cut Kinesiology Tape**?

Each 16 foot (5m) roll contains 20 tear-off strips. Each strip is 10" long unstretched, which is an ideal length for many kinesiology taping applications. Most common injury applications require only two strips of tape, making **FriCARE Pre-cut Kinesiology Tape** both economical and convenient. **FriCARE Pre-cut Kinesiology Tape** is made from a high thread-count fabric with an advanced elastic core that increases the strength, durability and elasticity of the tape. The acrylic adhesive produces wear-times of 5-7 days, equivalent to other "strong adhesive" k-tapes that cost much more.

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Clean skin with
soap and water



Apply at least
30 minutes prior
to activity



Clip hair to 1 cm
or less (if needed)



Stretch the skin
to be taped



Do not stretch
the ends of the
tape



Rub entire
application well
after applying
each strip

You can find more detailed information a few pages below.



Reminders :

1. Wash and shave your skin
2. Anchors- no stretch
3. Stretch the skin to be taped
4. Activate by rubbing



What is Kinesiology Tape?

Invented in Japan in the 70's as Kinesiology Tape, this method has challenged traditional thinking in the treatment of injuries, and today Kinesiology Tape is used by practitioners throughout the world to speed up recovery, treat injuries and improve sports performance. It is no wonder that it has become one of the most widely-used therapeutic modalities in both athletic and healthcare settings.

The tape's thin, lightweight material and elastic strength gives it a similar thickness and flexibility to human skin, enabling it to bind tightly to the body without affecting its range of motion. It can be stretched to between 30% and 40% of its resting length and its prescribed wear time is around three to five days.

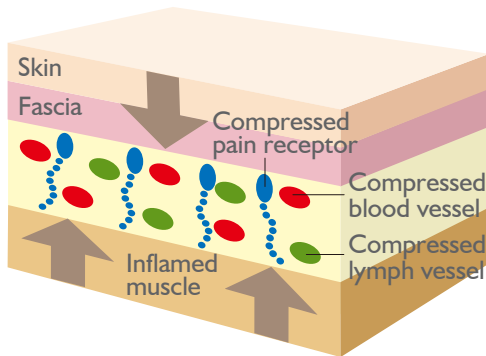
This differs greatly to standard strapping tape, which is wrapped tightly around the problem area for the purpose of restricting movement and can't be worn for long periods of time in order to restore circulation.

Additionally, the cotton fibers are water resistant, meaning that Kinesiology Tape dries quicker and allows evaporation, so it can be worn in the pool or the shower without worrying about it peeling off or reapplying it.

The vision behind the Kinesiology Taping system was to design a tape and taping style which would effectively provide support to muscles and reduce pain while maintaining a functional range of motion.

How does it work?

Once the tape is stretched and placed over the skin, it recoils slightly creating small folds in the skin which lift and separate the skin slightly from the deeper tissue. This lifting effect decompresses pain receptors, blood, and lymphatic vessels and allows the vessels to open. This prevents muscles from sending pain signals to the brain, enhances blood flow and movement of lymphatic fluid.

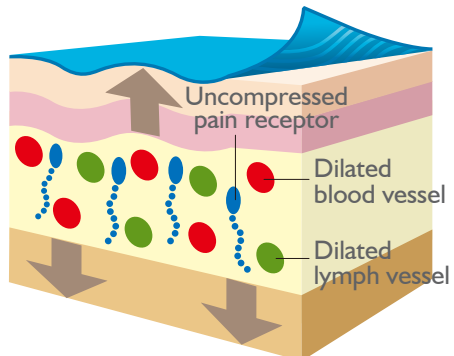


Before

FriCARE
Pre-cut Kinesiology Tape
COMPRESSED
PAIN

After

FriCARE
Pre-cut Kinesiology Tape
DECOMPRESSED
RELIEF





Important

PLEASE READ CAREFULLY BEFORE APPLYING!

PRECAUTION: Consult your medical professional or therapist for advice. It's always a good idea to test a small area before using, especially if you suffer from allergic reactions. Stop using immediately if you see or feel any irritation.

Remove the tape IMMEDIATELY and discontinue usage if you feel any itching or redness or other allergic reaction. Do not apply the tape over active malignancy, infection, deep vein thrombosis, open wound or skin irritation.

If you are pregnant, do a patch-test first to look for any adverse reaction when applying to your belly. The tape can support the weight of your abdomen, but it can also increase circulation. Observe for possible bruises under the tape.

If your skin bruises or tears easily **OBSERVE EXTREME CAUTION** while removing the tape as it may cause tearing, bruising and bleeding. We recommend using warm water with gentle soap to remove the tape. **DO NOT PULL THE TAPE OFF HARSHLY.**

Patients who are taking blood thinner medications may observe bruising under the skin due to the increased circulation effects. Consult your physician before using the tape.

This instruction manual is provided for educational purposes only and is not intended to replace medical advice. Muscle or joint pain could indicate a serious condition, you should always consult your physician before applying the tape.

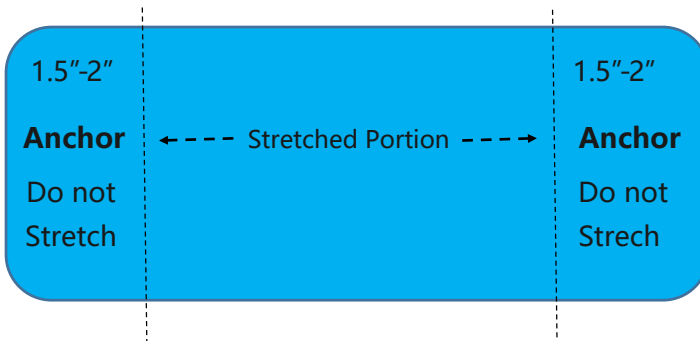
How to apply Kinesiology Tape

1. Identify muscle areas that are sensitive to pain or fatigued. For hard to reach areas of the body, it helps if another person applies **FriCARE Pre-cut Kinesiology Tape**.

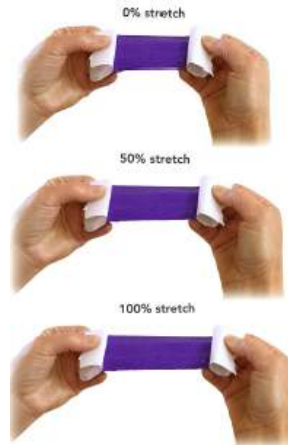


2. The area of skin should be clean, dry and free of grease in order to avoid the tape falling off too early. It is recommended to clean the skin with a degreasing agent (e.g. alcohol, surgical spirit, etc.) and to shave the skin before applying the **FriCARE Pre-cut Kinesiology Tape**. This way maximum adhesive strength will be achieved.

3. Prepare both anchors. Tape anchors (approximately 1.5 ~2 inches from both ends) should never be stretched. Without those anchors, the tape would roll up and not stay in place very long.



4. Depending on their indication, apply the tape with or without stretching. It's easy to achieve the desired stretch:
- Zero percent means no stretching is applied.
 - 100% stretch is achieved when you expand the tape fully. Take note of these two points and you can easily know where are the other stretching levels.

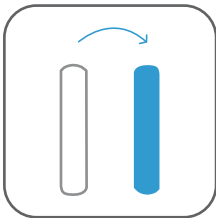


5. Apply the tape by laying it evenly from one end to the other. After application peel away backings of the anchors and apply those without any stretching. Make sure you apply tape without wrinkles on the tape or skin, this can cause blisters.

6. Rub or apply warming effect to the **FriCARE Pre-cut Kinesiology Tape** for a short time to activate the heat-sensitive adhesive layer.

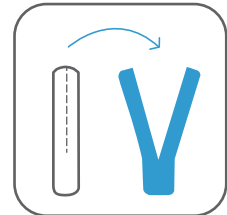


Kinesiology Taping Methods For All Situations

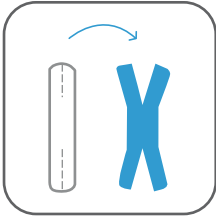


I-Strips can be used for:
Structural Support for Injured Muscles, Tendons, Ligaments and Joints.

Y-Strips can be used for:
Relieving pain and inflammation; Activating weak or injured muscles to contract more effectively; Inhibiting an injured or overused muscle to facilitate rest and recovery; Providing structural support around a weak or injured area.



Y-Strips Application Technique
For pain relief the tape should be applied with no stretch, while mechanical correction techniques require a 50-70% stretch.



X-Stripes can be used for:

Point Pain Applications

Tear the backing paper where each tail joins the center, then remove the backing from the center area. Holding the ends of the tape, stretch the center 70-80% and apply it directly over the focal point of the painful area. Position

the injured area in a position of maximal stretch. One at a time, remove the backing paper from each tail and apply it with zero stretch around the adjoining muscle borders.

More Complex Structural Support

Because they have tails at both ends, X strips can be applied to muscles that cross 2 joints or for muscles with more than one muscle belly, i.e., rhomboid major and rhomboid minor.

Rotator Cuff (I Strip)

Rotator cuff syndrome is a very common shoulder injury. Your shoulder joint is a relatively unstable ball and socket joint that is moved and controlled by a small group of four muscles known as the rotator cuff. Use kinesiology tape to reduce neck pain by relieving pressure off the cervical muscles. By using **FriCARE Pre-cut Kinesiology Tape** continuously you can help stiff muscles 'loosen up' even without physical activity.



Tilt your head away from the shoulder. Tape around shoulder and under the shoulder blade with 25% stretch (BLACK). Apply two strips of FriCARE Tape as shown with 80% stretch (BLUE, GREEN).

General Shoulder (I Strip)

Shoulder pain and injury is common. Your shoulder is the most mobile of all your joints. Just think about how much it can actually move. The reason for this movement is a very small joint contact zone. This essentially means that your shoulder is quite unstable. That is why your shoulder muscles are so vital to a normally functioning shoulder.

Application of **FriCARE Pre-cut Kinesiology Tape** will take some of the load off your deltoids. Continuous use of tape will result in pain reduction and faster recovery.

Tilt your head away from the shoulder and look down. Apply two strips of FriCARE TAPE with 20% stretch forming V pattern (BLACK, RED).



Knee Support (I+Y Strip)

Knee pain or knee injuries are extremely common, and there are many causes. It is important to make an accurate diagnosis of the cause of your knee pain or injury so that appropriate treatment can be directed at the cause. Knee pain can arise from soft tissue injuries, ligament sprains and muscle strains, bone conditions as knee arthritis.

Split the tape in two on one end and round the corners. Lay this strip of FriCARE TAPE as pictured with no stretch (**PURPLE). Apply the second strip just below the knee for support with 50% stretch (**BLACK**).**



Achilles Tendonitis (I Strip)

Most tendon injuries are the result of gradual wear and tear to the tendon from overuse or aging. Anyone can have a tendon injury, but people who make the same motions over and over in their jobs, sports, or daily activities are more likely to damage a tendon.

Application continuous use of **FriCARE Pre-cut Kinesiology Tape** helps to the Achilles heel relieve pressure from this area. It is also advisable to apply tape even when not engaging in any physical activity because it can provide support to the heel.

Tape up Achilles as pictured with 50% stretch (BLUE). Apply two short strips of the FriCARE Pre-cut Kinesiology Tape with 80% stretch over points with pain (BLACK, RED).



Neck (1 Strip)

Neck pain or a stiff neck are extremely common can affect your life in so many different ways. Whether it is sharp neck pain, dull muscular aches, headache, or an inability to fully move your head, a sore neck can be very frustrating yet it's simple to fix in the majority of cases.

To reduce neck pain by relieving the pressure of the cervical muscles use **FriCARE TAPE**. Continuous application of this tape can help stiff muscles “loosen up” even without physical activity. Stretch the neck by tilting the head forward and tucking the chin to your chest.

Apply two strips of the FriCARE TAPE with 25% stretch over pain areas (BLUE, GREEN). Apply the third strip of FriCARE TAPE over the pain area with 80% stretch (BLACK).



Stabilizing Shoulder (I Strip)

Shoulder pain and injury is common. Your shoulder is the most mobile of all your joints. In most cases, if you are suffering shoulder pain it is because your muscles are simply not strong enough or they are uncoordinated.

Limited performance in a number of exercises can be caused by weak or injured muscles. To provide stability to the deltoid area and offer additional support for the shoulder joint use kinesiology tape continuously.

Apply the first strip of FriCARE TAPE while holding your hand in front of the body (RED). Apply a second strip with your hand tucked behind your back (BLACK). Stabilize with a third strip (BLUE). All three strips should be applied with no stretch at all.



Biceps (1 Strip)

The bicep is a long muscle on your upper arm that acts as a flexor by raising your forearm. In most cases, damage to the biceps tendon is due to a lifetime of normal activities.

As we age, our tendons slowly weaken with everyday wear and tear. This degeneration can be worsened by overuse — repeating the same shoulder motions again and again.

Application of kinesiology tape will provide support to the biceps by taking some of the load when lifting objects.

Continuous usage of this tape can help stiff muscles “loosen up” even without physical activity. Stretch the bicep by holding the arm out to the side. Apply one strip of the FriCARE TAPE along the bicep with 25% stretch.



General Elbow (I Strip)

Elbow pain and injury respond favorably to physiotherapy intervention when early treatment is sought. An accurate diagnosis is vital to the correct management of your elbow pain. Elbow pain can be caused by local muscle, tendon or joint injury. Alternatively, elbow pain can be referred from your neck joints. It's similar to sciatica of the upper limb.

To take off the pressure from outside of the elbow joint use the kinesiology tape. Apply to the affected elbow even without physical activity and use it continuously to promote faster healing.

Extend arm with fingers pointing down. Anchor the FriCARE TAPE above the elbow and run just to above the wrist with no stretch (BLUE). Apply the second strip of FriCARE TAPE over the pain are with no stretch (GREEN).



Tennis Elbow (1 Strip)

Tennis Elbow is an injury to the muscles that extend the wrist and fingers. The site of injury is typically the lateral epicondyle, a bony bump on the outside of the elbow where these muscles attach. Tennis Elbow symptoms that have lasted more than 6 weeks are considered to be sub-acute and beyond three months, as chronic tennis elbow.

To take off the pressure from outside of the elbow joint use the kinesiology tape. Apply to the affected elbow even without physical activity and use it continuously to promote faster healing.

Bend your elbow 90 degrees. Apply the FriCARE TAPE with 80% stretch over the pain area (RED, BLUE). Secure with the long strip of 25% stretched FriCARE TAPE (BLACK).



Wrist (1 Strip)

Wrist pain or injury is common and can usually be successfully diagnosed and treated by your physiotherapist. Wrist pain can occur as a result of sports injuries, work injuries or simply everyday arm use. Wrist pain can be caused by local muscle, tendon or joint injury.

In order to reduce pain and support the wrist in the area – use kinesiology tape. It is recommended to apply tape before physical activity if you have a history of wrist pain.

Point down with your hand. apply one strip of the FriCARE Tape with 80% stretch over wrist pain area (RED). Point up with your hand and apply 80% stretched strip to the underside of your wrist (BLACK). Point down again and apply strip over your hand with 25% stretch (BLUE).



Carpal Tunnel (I Strip)

Carpal tunnel syndrome is a painful disorder of the hand caused by pressure on your median nerve as it runs through the carpal tunnel of the wrist. Symptoms include numbness, pins and needles, and pain (particularly at night). Anything that causes swelling in the wrist can cause carpal tunnel syndrome, including repetitive hand movements, pregnancy and arthritis.

To reduce the pressure on your wrist use the kinesiology tape continuously. It will also provide more power and strength by stabilizing the muscles and reduce the pressure of carpal tunnel causing swelling and pain.

Point your hand as shown and apply a long strip of FriCARE TAPE with no stretch (BLACK). Apply a second strip of FriCARE TAPE over your wrist with 50% stretch (BEIGE).



Abdominals (I Strip)

The core chain is made up mostly of the muscles that comprise your abdomen and your lower back. These muscles act to stabilize the body and provide support during movement and changes in posture. A strong core equates to improved balance and better strength gains.

To provide stability and support to the muscles and spine apply kinesiology tape. This It is advisable to use tape in both static or dynamic activities, such as prolonged standing, pulling movements, squats, or even picking up objects from the floor.

Lean back to stretch the abdominal muscles. Apply two strips of the FriCARE TAPE next to each other, both with 25% stretch as pictured (BLACK, PURPLE).



Middle Back (I Strip)

Muscle pain is the most common source of back pain. Muscle fatigue, excessive loads or poor lifting or sitting postures are the most common problems. Inefficient, weak, or back muscles that lack endurance or normal contraction timing can lead to poor joint stabilization and subsequent injury to your back muscles, ligaments, joints or even spinal discs.

To provide support to the posterior group muscles and the spine applies the kinesiology tape. Continuous usage of this tape also provides stabilization when performing high - energy movements such as sprinting, weight lifting.

Bend forward and apply two strips of the FriCARE TAPE vertically with 25% stretch as pictured (BLUE, GREEN).



Low Back (I Strip)

Eighty percent (80%) of people will experience lower back pain at some stage of their life. It is one of the most common reasons for people missing work and seeing a doctor or physiotherapist. But lower back pain is something you can avoid with some inside knowledge, back care strategies and some back exercises.

To provide stability and support to the lower back muscles and spine uses **FriCARE TAPE**. To help in lower back pain by increasing circulation for faster recovery use this tape continuously.

Lean forward and apply two strips of the FriCARE Tape horizontally with 80% stretch as pictured (BLACK, GREEN). As with any other taping instruction, please, don't forget to anchor correctly.



Groin (1 Strip)

Groin pain is a common sporting injury in high speed running, change of direction or jumping and landing sports. The musculature is complicated with highly stressed anchor points and the involvement of pelvis joints plus your lumbosacral spine.

The joints most likely involved in groin pain include your pubic symphysis, sacroiliac joints, hip joints and your low lumbar spine.

To reduce pain and discomfort by relieving pressure from the groin muscles use kinesiology tape. Continuous application of this tape increases circulation also helps reduce inflammation resulting promotion for faster recovery.

Lie on your back with your leg out to the side at a 45° angle to stretch the groin. Anchor the FriCARE TAPE at the top of inner-thigh and run to just above the knee with 25% stretch (RED). Repeat the same procedure with another strip of FriCARE TAPE (BLUE).



Hamstrings (I Strip)

Poor form, inadequate training, and sudden intense activity can cause muscle tears, which lead to inflammation and pain. Hamstring injuries can be very painful, so it is important to properly train and warm - up for any physical activity.

To reduce pain by taking off some of the tension from the muscles use kinesiology tape. Faster recovery of the hamstrings results from the increased circulation in the area by applying kinesiology tape continuously.

Set the painful leg behind you and lean forward to stretch hamstring muscles. Apply two strips of FriCARE TAPE with 25% stretch as pictured (BLUE, RED).



Quad (I Strip)

A quadriceps is a group of 4 large muscles forming the front of the thigh that acts as hip flexors and extensors of the leg at the knee joint. Common causes of quad pain are muscle strains, overuse, and rapid deceleration. Activities involving jumping, sprinting and running can cause microtears in the muscles, which can cause pain and tenderness.

To reduce pain and discomfort by relieving pressure from the quadricep muscles use FriCARE TAPE. Continuous application of this tape increases blood circulation and also helps reduce the pain which promotes faster recovery.

Set the painful leg behind you and lean forward to stretch hamstring muscles. Apply two strips of FriCARE TAPE with 25% stretch as pictured (BLACK, RED).



Calf (I Strip)

Calf pain is a common occurrence in sports that include running, jumping, hopping and landing activities. Your calf muscle group essentially consists of two muscles (gastrocnemius and soleus) that attach to your Achilles tendon. Calf injuries can occur to both muscle and tendon structures.

To reduce pain and discomfort by relieving pressure from the calf muscle use kinesiology tape.

The increased circulation also helps reduce the pain and promotes faster recovery by applying tape continuously.

Stretch the calf and apply one strip of the FriCARE TAPE on the inside side of your leg with 25% stretch as pictured (RED). Apply the second strip with no stretch to form V pattern (BLACK).



Shin Splints (I Strip)

Shin splints are caused by overstraining of your muscles where they attach to your shin. The most common cause is overuse or overtraining associated with poor foot and leg biomechanics. Shin splints can be caused by a number of factors which are mainly biomechanical (abnormal movement patterns) and errors in training.

To reduce pain and discomfort by relieving pressure from the calf muscle use kinesiology tape. The increased circulation also helps reduce the pain and promotes faster recovery by applying tape continuously.

Bend leg at a 45-degree angle and point toes away from the shin. Tape up shin is of pain with the long strip of FriCARE TAPE with 50% stretch (**BLACK). Apply two strips of the tape: one above and one below the point of pain with 80% stretch (**RED**).**



Ankle Stability (1 Strip)

Ankle injuries are extremely common. The most common ankle injury is a sprained ankle, but ankle pain can have numerous sources. Something as simple as walking on an uneven footpath can cause a rolled ankle, resulting in an ankle sprain. Ankle injuries can potentially occur at any age.

Application of FriCARE kinesiology tape addresses the issue of ankle stability by providing additional support to your ankle joint. Continuous application of this tape will give you confidence during the activity.

Position your ankle at 90 degrees. Tape down your outer ankle across the heel with 50% stretch (BLACK 1, 2). Apply the second strip of the FriCARE TAPE from the inside of the foot and loop around the heel, finishing on the bottom of your foot with 50% stretch (GREEN 1, 2). Finish taping with the third strip of FriCARE TAPE starting from outside of the foot and looping around the heel to finish on the bottom of your foot again with 50% stretch (GREEN 3, 4).



Plantar Fasciitis (1 Strip)

Your plantar fascia is a thick fibrous band of connective tissue originating on the bottom surface of the calcaneus (heel bone) and extending along the sole of the foot towards the toes. Your plantar fascia acts as a passive limitation to the over flattening of you arch. When your plantar fascia develops micro tears or becomes inflamed it is known as plantar fasciitis. Plantar fasciitis is most often associated with impact and running sports, especially those that involve toe running rather than heel running styles.

To relieve pressure for plantar fascia use kinesiology tape. It can also provide support to the heel, so it is highly recommended to apply tape even when not engaging in any physical activity.

Point toes up toward shin. lay down a strip of the FriCARE TAPE along the bottom of foot and up back of heel as shown with 50% stretch (BLUE). Apply another strip of tape from an inside side of your ankle with 80% stretch (BLACK). Lay the last strip of the tape with 80% stretch (BEIGE).



Swelling / Bruises / Edema / Lymphedema

FriCARE TAPE will help you to reduce swelling and bruising by lifting the skin away from the swollen tissue below. Basically, the kinesiology tape is rich of elasticised properties which creates a sub-dermal vacuum that assists your lymphatic and venous drainage systems to work more efficiently. It increases circulation also reduces inflammation, pressure and pain and promotes faster recovery.

You can partially replicate this holding your skin and lightly pulling together your fingers. The result will be an "orangepeel" appearance, loose skin and lots of remove below your skin for the swelling drainage to occur.

Place body part into a flexed position. Anchor tape at top of swelling and apply the FriCARE TAPE with no stretch so there is space between the individual "legs" (GREEN, BLACK).



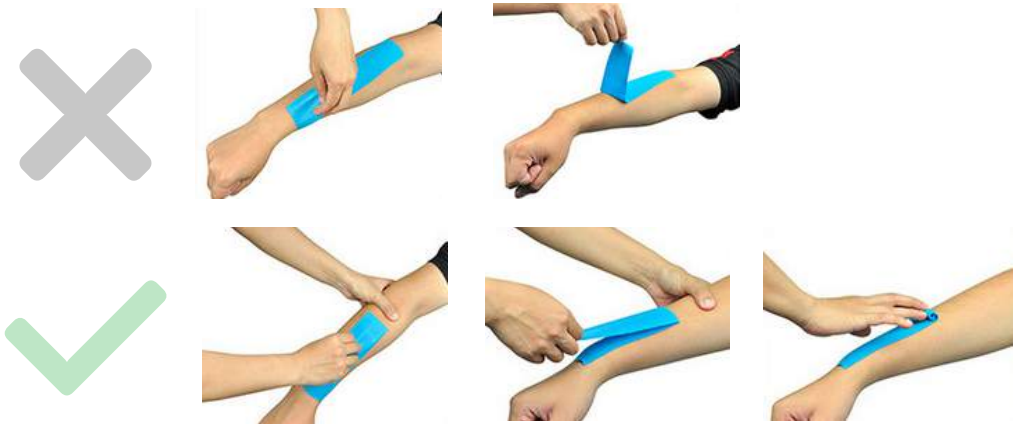
How to remove FriCARE Pre-cut Kinesiology Tape

Please be careful when removing the tape, don't just rip the tape off! First of all, make sure you are removing the tape in the same direction as the growth of the hair underneath it.

Start slowly, folding the corners of the edge back gradually, and ensuring that you are sliding the removed tape on the still applied tape, as opposed to pulling the tape away.

As you're peeling off the tape, hold your skin down with your other hand and either tap it or pull it gently in the opposite direction of the tape. This helps the skin and the tape to separate more efficiently but with no discomfort.

If the tape has been applied over a particularly hairy part of the body, it helps to press down on the tape as you are peeling it off, as the pressure helps avoid further pain. However, it's wise to tape on a shaved area, keep this in mind for future tapings.



TIP: Apply oil directly onto the tape, rub it in and wait for around 5 to 10 minutes before removing it slowly. This will help to reduce the stickiness of the tape and make it easier to remove.



FAQ

FREQUENTLY ASKED QUESTIONS:

Q: I cannot get the tape to stick properly. What can I do?

A: The reasons may vary, but here is some advice:

- › Shave the skin area you want to tape up.
- › Clean all the moisture, dirt, oils or cream from skin area you want to tape up (alcohol works well). Using alcohol before taping is VERY IMPORTANT if you live in hot and humid climate zone.
- › Apply tape 30-45 minutes prior to your activity.
- › Round the tape corners.
- › Make sure you have 'anchors' at the end of each tape (Anchors are explained on page 9).
- › Apply anchors with NO stretch.
- › If the area concerned has amounts of activity or stress, you may need more than a 1.5" anchor each end, try 2" or 2.5".
- › Do not finish one strip of the tape on another.
- › Immediately after applying, rub tape firmly to increase heat and activate the adhesive as it is heat activated (IMPORTANT).
- › Do not touch the adhesive.
- › Do not leave wrinkles.

Q: Can I get an allergic reaction from kinesiology tape?

A: Everybody has different skin. Some have sensitive skin, others don't. **FriCARE Pre-cut Kinesiology Tape** is designed to be kind to skin. However, due to biological complexity, there is no guarantee against a reaction for any product that you place on your skin. With this in mind, we highly recommend you read the Safety Instructions near the end of this document before using the kinesiology tape.

Q: Is FriCARE Pre-cut Kinesiology Tape waterproof?

A: Yes. However, exposing it to water will reduce its expected lifespan, as it can interfere with the adhesive. Please note that it will not prevent water from soaking through to the covered area. Rather, it is waterproof in that the adhesive will not suddenly fail if it gets wet.

Q: How long will the kinesiology tape stay on?

A: This depends on a number of factors, including the location of taped area, skill in application and oil/hair on the skin. Points to consider include: High activity areas like the knee or foot encounter more stress, leading to a shorter duration. Expect 2 - 3 days once skilled in the application. Areas such as shoulders or back last much longer. Do not wear the tape for more than 5 days in a row. When first using the tape, use for a short period so you can check for any allergic reactions.

Q: FriCARE Pre-cut Kinesiology Tape gave me blisters.

A: Blisters occur after wearing overstretched tape or wearing stretched anchors (which should always be applied with no stretch). Everyone's skin is different, so if the instructions ask for 100% stretch, but causing you blisters, experiment with reduced stretch after skin heals up.

Q: FriCARE Pre-cut Kinesiology Tape gave me blisters.

A: Blisters occur after wearing overstretched tape or wearing stretched anchors (which should always be applied with no stretch). Everyone's skin is different, so if the instructions ask for 100% stretch, but causing you blisters, experiment with reduced stretch after skin heals up.

Q: FriCARE Pre-cut Kinesiology Tape damaged my skin while removing.

A: Tape that is still strongly adhered to skin after 5 days but may be loosened by soaking with baby oil or olive oil for 15-20 minutes before removing. Try to remove in cooler conditions as tape adhesive is activated by heat. Remove the tape slowly by pressing on the skin at the end of the taped area while gently rolling or peeling the tape back. Please read all the tape removal tips on page 33.

Q: Do the different colors have different properties?

A: No. They are identical. There is no difference in strength of the adhesive. The different colors are purely for cosmetic purposes and aesthetics.



Safety Guide

1. Pregnant women should visit a doctor for advice on taping.
2. Do not expose the tape to direct sunlight or high temperatures.
3. Keep Kinesiology Tape out of reach of children.
4. When applying the tape, make sure it does not pinch the skin. Apply the tape gently.
5. Should applying Kinesiology Tape cause prolonged skin irritation in the form of itching, redness or rash for over 30 minutes, the tape should be removed immediately in accordance with the instructions. Contact a doctor if necessary.
6. Avoid taping fresh wounds, parts affected by thrombosis and skin irregularities in the case of a propensity to skin allergies.
7. Do not use the tape in connection or reciprocally with other treatment methods (fango, massage therapies, electrical stimulation treatment).
8. Before applying, the skin must be clean and free of grease.
9. If you are not sure how to apply the tape correctly, you can contact a therapist for an initial professional therapeutic treatment.
10. It is advisable not to wear the tape for longer than 5 days. Any remaining adhesive residue must be removed. Please let your skin rest a few hours between tapings.
11. In the event of acute injuries or complex symptoms you should consult a doctor or physiotherapist regarding taping.
12. **FriCARE Pre-cut Kinesiology Tape** is available in a variety of colors. The technical characteristics of all colors of **FriCARE Pre-cut Kinesiology Tape** are the same.
13. It is advisable to consume more liquids (water or apple juice) when taped.
14. Avoid heat build-up due to clothing (wool/cotton)!



XVI

Model Type: Kinesiology Tape**Material:** 97% Cotton, 3% Spandex**Adhesive:** Latex-free Hypoallergenic adhesive

Kinesiology Tape complies with Directive 93/42/EEC