



Patient Name: _____

Date: _____

TAPING INSTRUCTION SHEET

Kinesiology Tape is a cotton fiber woven tape that offers recoil when stretched. It does not require the use of an under wrap. The skin must be free of any oil, dirt or hair prior to any application. Patient should allow tape to adhere for at least 15 minutes before engaging in any type of rigorous activity. Kinesiology tape does NOT contain latex.

Tape can be used therapeutically for several reasons. The purpose of this taping technique is: (circle one)

- To restore normal resting tone
- Enhance joint support
- Pain modulation
- Removal of excess fluid from tissues underlying skin

Wearing of tape:

- This tape is a test patch and should be left if place ___ days. It should be removed immediately if any irritation occurs including redness, swelling or itching.
- This tape is a therapeutic technique and should be left in place ___ days if possible. Please watch area closely and remove tape should any irritation occur including redness, swelling or itching.
 - Remove tape in time to allow a 24-hour break before returning to therapy to be taped again or before home reapplication of tape.
 - Tape can get wet in pools or baths. Following getting wet, simply pat dry with a towel. DO NOT DRY WITH HAIRDRYER. Excessive heat will make removal more difficult.
 - If tape begins to roll on the edges with wearing, simply trim off excess to prevent it from getting caught on clothes and being pulled off more.
 - DO NOT apply lotions or creams on or around the taped areas. This will cause the tape to loosen and roll.
 - When sleeping, it is suggested that the tape is covered to avoid any catching on linens. (i.e. wear socks if feet are taped)

Removal of tape:

- Please take time when removing the tape. After several days of wear, tape is easiest removed in the shower. You may also choose to place a thin layer of baby oil, vegetable oil, or "Goo Gone" or tape remover product over the entire area of tape. Let the tape soak for 15 to 20 minutes.
- Then loosen one end and begin slowly peeling the skin away from the tape. Stabilize skin as you move tape away, area by area. Moving in direction of hair growth may cause less discomfort. DO NOT PULL THE TAPE OFF THE SKIN IN A QUICK MOTION. Sometimes this is easiest in the bathtub.
- Any remaining adhesive can easily be removed with some rubbing alcohol.
- After removal, use plenty of lotion to hydrate skin and relieve any irritation. Please do not apply lotion right before re-application of tape, as it decreases the adhesiveness of the tape.

Treating Therapist: _____ email _____