



KinesioTaping Instructions

Skin Preparation

- Clean skin so it is free from oils. (soap & water)
- Shave if there is excess hair. Clippers work best.

Application

- Apply tape as instructed by your therapist.
- Rub the tape after application to activate the adhesive without rubbing against ends.
- Apply the tape 30 minutes or more prior to activity to maximize adherence.
- Do not put *any* tension on the ends of the tape!

Removal

- Remove in direction of hair growth--down
- Do not rip tape off like a band-aid! (you may rip skin)
- Fully saturate tape with soap and water or baby oil to ease removal.
- Gently pull skin away from tape; or, pull tape against finger pressing into tape/skin as you go; get help if needed.

Other—Precautions

- Do not blow dry tape unless you really want it to stick. (feet only and with extreme caution)
- Remove immediately if itching, burning or increased pain occurs.
- Typical application lasts 3-5 days. Do not leave on for more than 7 days.

This handout is not intended for use by anyone other than a client at Body Dynamic under direct supervision of their physical therapist. Please Consult with your physical therapist or Certified KinesioTaping Practitioner for proper use of this handout. For more information, please contact Body Dynamic Physical Therapy + Pilates + Wellness, Inc.