

ELASTOPLAST KINESIOLOGY TAPES

For muscle pain and sport injuries

Skin-friendly method of taping providing a gentle and effective approach to the re-education of the neuromuscular system. This method helps to improve blood/lymph circulation and relief of pain.



- Treat muscle pain
- Reduce muscle fatigue
- Increase blood flow
- Prevent cramps
- Water resistant
- Breathable
- Assists in reduction of bruising

NECK STRAIN



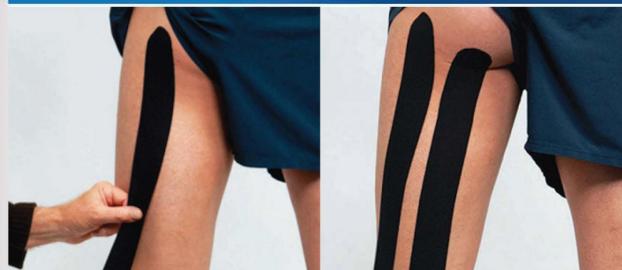
1. Apply one end of the tape at the upper part of the neck parallel to the spine.
2. Gently tilt the head forward.
3. Place the tape over the strained area. Repeat the same on the right hand side parallel to the spine.

SHOULDER PAIN & INSTABILITY



1. Place tape on the outside of upper arm, approximately half way down arm.
2. Gently move arm backwards & sideways.
3. Place other end of tape near outer end of collar bone.
4. Place another piece of tape on the outside of upper arm and gently move the arm in the opposite direction across the body.
5. Finish by placing the other end of the tape near the upper part of the shoulder blade.

HAMSTRING



1. Patient is standing and gently leans forward to lean on table/desk whilst keeping knees straight.
2. Apply 1 piece of Kinesiology Tape to the middle of the upper hamstring area.
3. Gently stretch the tape as you apply it down the outside hamstring muscle to end below the knee joint.
4. Repeat down the inside hamstring muscle.

KNEE PAIN



1. Lie the patient on their back with their knee straight. Apply one end of the tape on the front of the upper thigh muscle.
2. Gently bend the knee to 75% flexion and place the other end of the tape below the knee-cap.
3. Split tape in middle and tape around each side of the patella before continuing down and finish off below the knee-cap.

TENNIS ELBOW - 1



1. Place one end of the tape at the back of the wrist.
2. Flexing the wrist.
3. Place the other end of the tape toward the lateral side of the elbow.

TENNIS ELBOW - 2



1. Place one end of the tape at the midpoint of the lower arm.
2. Place the tape around the elbow following the direction of the picture.

CALF PAIN, CRAMP & FATIGUE



1. Lie the patient on their front with their foot over the end of the bed. Gently bend the ankle forward and apply tape under the heel.
2. Gently stretch the tape along the Achilles tendon and up the outside of the calf muscle.
3. Repeat, using a 2nd length up the inside of the calf muscle.

BACK PAIN - 1



1. With the patient standing, place one end of the Kinesiology Tape at the sacrum parallel to spine.
2. Gently bend forward and place the other end of the tape along the spine.
3. Repeat the same to the other side of the spine.

BACK PAIN - 2



1. Apply one end of Kinesiology Tape below the navel and direct up the left side at a 45° angle.
2. Gently turn the upper trunk around to the left and the hips to the right.
3. Apply the tape to the outside of the trunk. Repeat on the right side.

ANKLE SPRAIN



1. Apply one end of the Kinesiology Tape just below and behind the outside ankle bone.
2. Gently stretch the tape up along the outside of the lower leg.
3. Whilst the patient gently turns their foot in.

Thanks to Andrew Hughes (Sports Focus Physiotherapy) for assisting with the production of these instructional diagrams. www.sportfocusphysio.com.au

These techniques are common applications and are provided as a guide only. Consult your Healthcare Professional to discuss the best possible method for your specific problem or if your symptoms persist.

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Prevention is better than cure so protect yourself against injury with the Elastoplast Sport range of sports medicine products.

Always read the label. Use only as directed. If symptoms persist see your healthcare practitioner.

These taping techniques are a guide only and do not replace the necessary professional medical advice required when suffering an injury.

Beiersdorf Australia Ltd.

4 Khartoum Road, North Ryde NSW 2113.

Customer Service: 1800 269 933 toll free.

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New Zealand - Freephone 0800 008 081

www.elastoplastsport.com.au

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