

General Instructions - START HERE

- Always apply to clean, dry skin surface
- Never stretch ends when starting or completing application
- To ensure proper adhesion, rub back of tape vigorously after applying on skin

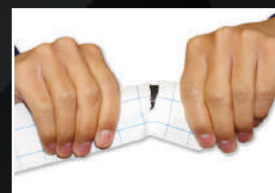


1 Tear vertical line, of paper only, to separate Y branches

Y CUT

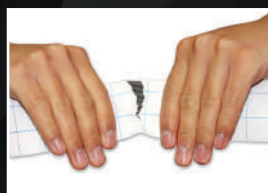


2 For all applications, tear paper 3" from end at base of Y and apply 2" of end of tape with no stretch. Remove paper backing of one Y branch at a time and stretch while applying



3 To apply end first, tear paper 2" from end and apply 2" of tape with no stretch

I CUT



4 To apply middle first, tear paper in middle and apply 2" of tape with stretch

IT BAND SYNDROME (Outer knee pain)



1 Apply end on outside of leg, mid thigh level

Y CUT



2 Stretch Y branches, one at a time, down and apply along outside of knee. Apply ends with no stretch



3 Apply end over Y branches just above knee (if pain is below knee on outside, then apply just below knee)

I CUT



4 Stretch toward inner leg and apply end with no stretch

PATELLO FEMORAL PAIN SYNDROME (Pain in and/or around knee cap area; patella tracking issues)



1 Apply end of tape above patella

Y CUT



2 Stretch Y branches, one at a time, down along outside edge of patella and apply ends with no stretch



3 Apply middle of tape directly under patella and then peel and stretch each side of tape towards outside and inside of leg, respectively

I CUT



4 Apply end with no stretch

PATELLAR TENDONITIS (Pain just below knee cap)



1 Apply end of tape below patella

Y CUT



2 Stretch Y branches, one at a time, up along outside edge of patella and apply ends with no stretch



3 Apply middle of tape directly under patella and then peel and stretch each side of tape towards outside and inside of leg, respectively

I CUT



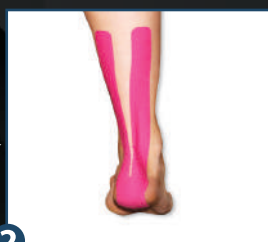
4 Apply end with no stretch

ACHILLES TENDONITIS (Pain in tendon behind ankle)



1 Apply end of tape under heel

Y CUT

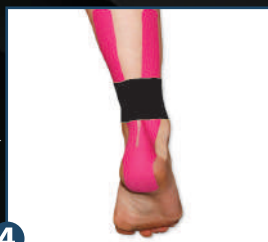


2 Stretch Y branches, one at a time, up along edge of Achilles and apply ends with no stretch in calf area



3 Apply middle of tape over Y branches just above ankle bone and stretch each side towards front of leg

I CUT



4 Apply ends with no stretch

PLANTAR FASCIITIS (Arch/heel pain)



1 Apply end on calf area and stretch under heel with Y branches along bottom of foot

Y CUT



2 Apply ends with no stretch in forefoot area



3 Apply end in arch area and stretch tape up inside leg

I CUT



4 Apply ends with no stretch

BENEFITS

- Elastic properties allow you the freedom of motion without restricting muscles or blood flow
- Promotes circulation, reduces muscle fatigue
- Provides moderate soft tissue management
- Can be left on for several days, providing 24/7 support to expedite the healing process
- Helps prevent injuries and manage pain and swelling

Pro-Tec Athletics assumes no responsibility or liability for any injury which happens to occur while wearing this product.

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Pro-Tec Athletics
Redmond, WA USA



PRE-CUT KINESIOLOGY TAPE

- Effective relief for general muscle tightness, knee pain, IT Band syndrome, plantar fasciitis, shin splints, back pain, tennis elbow and more!
- Includes 20 pre-cut pieces (10 Y cut, 10 I cut)
- Simple directions for common injuries



Designed for Peak Performance

Instruction Guide

CALF PAIN

1 Apply end behind leg just above ankle bone

2 Stretch Y branches up calf and apply ends with no stretch

3 Apply middle of tape over pain area and stretch both sides towards front of leg

4 Apply ends with no stretch

SHIN SPLINTS (Vertical line of pain along edge of shin bone)

1 Apply end in arch area and stretch tape upward along edge of tibia (shin bone)

2 Apply end with no stretch

3 Apply end of tape on inner side of I Tape next to area of pain

4 Stretch Y branches, one at a time, towards outside of leg and apply ends with no stretch

Note: This application is for pain on inner shin. For pain on front/outer edge of shin apply I Tape over front edge of shin and wrap Y Tape towards inside of leg.

HAMSTRING PAIN

1 Apply end on upper hamstring and stretch Y branches down hamstring

2 Apply ends with no stretch

3 Apply middle over pain area and stretch both sides towards front of leg and inside of leg, respectively

4 Apply ends with no stretch

LOW BACK PAIN

1 Apply end over sacrum (very low back) and stretch upwards with Y branches along either side of spine

2 Apply ends with no stretch

3 Apply middle of tape over Y branches (near or on pain area) and stretch each side away from spine

4 Apply ends with no stretch

SHOULDER PAIN (Rotator Cuff)

1 Apply end on outer arm below shoulder and stretch Y branches around shoulder, one in front and one in back

2 Apply ends with no stretch

3 Apply end on front of shoulder and stretch backwards, over shoulder and onto back

4 Apply end with no stretch

NECK PAIN

1 Apply end on upper back and stretch Y branches upward over neck

2 Apply ends with no stretch

3 Apply middle over pain area and stretch both sides over top of shoulders

4 Apply ends with no stretch

LATERAL EPICONDYLITIS/TENNIS ELBOW (Pain on outer forearm just below elbow)

1 Apply end on outside of arm on top of elbow area

2 Stretch downward towards wrist and apply ends with no stretch

3 Apply end on underside of arm, just below elbow

4 Stretch Y branches towards inside of arm and apply ends with no stretch

CARPAL TUNNEL (Wrist Pain)

1 Apply end on top of forearm area

2 Stretch Y branches over wrist and back of hand and apply ends with no stretch

3 Apply middle of tape over back of wrist

4 Stretch both sides around wrist and apply both ends with no stretch