

THE RATAPE.COM - TIPS FOR APPLYING AND REMOVING KINESIOLOGY TAPE

Kinesiology tape is water resistant, yet breathable, allowing it to be worn for exercise, showering, or swimming. It dries quickly and seldom causes skin irritation. When properly applied, most kinesiology tape applications will last from 3-5 days. Following the tips below will ensure optimal benefits from each application.

☑ SKIN PREPARATION

Skin should be dry and free of any lotions or oils. Ensure that perspiration has completely stopped before applying tape. Wipe the entire area with rubbing alcohol, hand sanitizer or a pre-taping spray like KT Tape Clean Guard or PerformPrep.

Small amounts of body hair will not interfere with the effectiveness or adhesion of the tape. Areas with significant amounts of hair should be clipped or shaved for best results – and for less pain when tape is removed!

☑ PREPARING AND APPLYING THE TAPE

Avoid touching the adhesive side of the tape after removing the backing. Doing so will decrease the adhesive strength on the skin and may lead to early peeling. As each section is applied, rub lightly and briskly from the center to the ends to activate the adhesive. Do not rub from the ends toward the center, or you may cause the ends to peel away from the skin.

Rolls - cut tape with sharp scissors, being sure to round all corners to prevent ends from peeling prematurely. Tear the backing 2-3" from one end to create an 'anchor' – the first part that will be applied. Apply the anchor end with no stretch in the tape, leaving the rest of the backing intact. Continue peeling the backing off in small segments as you apply the tape. Removing too much backing at one time can result in tape sticking to itself, and ruining the application.

SpiderTech Precut Applications - tear the backing at every serrated line before applying tape. Carefully follow instructions from product package, video or instruction manual.

Precut Strips – some brands have a serrated backing to create Y or edema strips, but others do not. If the backing is not serrated, fold it along cut lines, then tear carefully before removing. Apply anchor end, then remove backing from 1 section at a time and apply.

☑ WEARING THE TAPE

Apply tape at least 1 hour before sweating, swimming or showering. To dry tape that has become wet, pat gently with a towel. Do not use a hair dryer – the adhesive is heat-activated, and may become difficult to remove. Any ends that begin to peel can be trimmed with scissors to prevent further peeling.

☑ PRECAUTIONS

Do not apply kinesiology tape on any skin surface that is damaged – this includes scrapes, cuts, burns, sunburn or any type of rash or irritation. Individuals with sensitive skin should apply a test piece for up to 24 hours before a full taping. If skin irritation occurs, remove tape immediately.

☑ DEALING WITH SKIN IRRITATION

Kinesiology tape is made from cotton with a hypoallergenic acrylic adhesive. It contains no latex or medications, decreasing the likelihood of skin irritation. Individuals with extremely sensitive skin, however, may still experience rash, itching or irritation. The following products have been reported to minimize skin irritation when applied and allowed to dry prior to tape application: Benadryl® Itch Stopping Gel, Maalox®, Tens Clean Coat Skin Wipes.

☑ REMOVING THE TAPE

Techniques for removing tape include: (a) pressing on the skin at the end of the taped area while gently rolling or peeling the tape back, (b) pulling tape edge back gently sliding index finger back and forth where the tape joins the skin. It is more comfortable to remove tape in the direction of hair growth, which is usually away from the center of the body on the trunk, and in a downward direction on the arms or legs. Tape that is still strongly adhered to skin after 5 days may be loosened by soaking with baby oil or olive oil for 15-20 minutes before removing.

☑ IF TAPE WON'T STICK

Check that all skin and tape preparation and application guidelines above were followed. It can be difficult to get tape to stick well on areas that sweat heavily, like the soles of the feet. Tape on areas that are rubbed by clothing or equipment, or receive repeated body contact can also come off prematurely, despite the best precautions. In these cases, a pre-taping spray such as KT Tape Ultra Stick can be used to help tape stick. For high risk areas, spray the entire area to be taped, wait until the area is tacky, then apply tape. Other areas may benefit from application only at the ends of the tape.