



Kinesiology Taping Application Instructions

Kinesiology Tape Preparation

- Do not use lotion on the area that is being taped.
- Hair in the area being taped should not be very long, but do not shave the area the day you apply the tape
- Cut tape to the following length and shape:

- Round the corners of the tape.

Kinesiology Tape Application Tips

- Tape should be applied with the body part 'on stretch' to a comfortable range of motion.
- Avoid tension on the last 1-2 inches of the tape.
- Apply tape with tension as follows:

- You may cross pieces of tape over each other, but do not end a piece of tape on another piece of tape. All ends of the tape should begin and end on skin.
- Once applied, gently rub the tape to activate tape adhesiveness. Do not pull up the ends of the tape.

Kinesiology Tape Placement

- Follow the tape placement instructions from your therapist using the photos taken during or after your therapy session.

Purchasing Kinesiology Tape

- Places where kinesiology tape can be purchased:
 - Local store – drugstore, big box store like Walmart
 - Online – Amazon, kinesiology tape company (usually printed on the tape backing paper)
- Buy a roll, not pre-cut strips
- Width: ☐ 1" ☐ 2" ☐ 4"
- Color does not matter
- Different brands of kinesiology tape vary in the amount of adhesion.

Kinesiology Tape Wearing Guidelines

- Follow the instructions on the Kinesio Tape Wearing Guidelines handout for:
 - Wearing schedule
 - Precautions
 - Care of Kinesio Tape
 - Removal of Kinesio Tape

Contact your therapist if you have any questions.

Therapist Name

Phone Number