

## Kinesio Tape® Wearing Guidelines

Kinesio Tape® is to be worn as directed by your therapist. Kinesio Tape® can be helpful to assist in reducing pain and swelling related to your condition. It can also be applied over and around muscles to either assist and give muscle support or prevent over-contraction of the muscles. Report any problems or concerns to your therapist as soon as possible.

Therapist name

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Phone number

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### Wearing schedule

- Wear tape \_\_\_\_\_ hours, as tolerated and remove.
- Wear tape 24 hours and remove.
- Wear tape \_\_\_\_\_ days and remove.
- Keep the tape on for a maximum of 5 to 7 days.

### Precautions

Remove Kinesio Tape® before recommended wearing time if you notice any of the following:

- Unusual pain or discomfort
- Skin irritation
- Severe itching
- Increased swelling
- Numbness/tingling of fingers/toes
- Other \_\_\_\_\_

### Care of Kinesio Tape®

- Kinesio Tape® is water resistant. You may shower, bathe and swim with Kinesio Tape® on the skin.
- Let the tape air dry, or pat dry with a towel (do not use a hair dryer to dry).
- Avoid sun/excessive heat on the tape.
- If the tape starts to peel or roll back, you may carefully trim off the loose tape with scissors.

### Removal of Kinesio Tape®

- Gently roll or peel the tape off of the skin, taking care to roll/peel in the direction of hair growth.
- To further reduce skin irritation, any type of oil (baby oil, mineral oil, etc.) can be applied directly on the tape. Let it soak in for 5 minutes, then remove as above.

