

Instructions

- Apply on clean, dry skin 10 minutes before exercise. Rub vigorously to set adhesive.
- Never stretch the ends of the tape, only the middle.
- Rocktape can be worn up to five days and is water resistant.
- Store tape in cool, dry place. Let tape come to room temperature before applying.

Edema applications



Watch online instructional videos at www.rocktape.com

Start Here



Place body part in a flexed position if possible. Remove paper backing from tape. Anchor edema tape at top of knee. Create basket by wrapping tape around each side of knee. Use a gentle radius. Apply little to no stretch to tape.

Step 1



Anchor second piece next to first piece and apply tape loosely over area. Ensure that the application covers the affected area appropriately. Adhere the base by rubbing ONLY the base. Leave the tape fingers sitting lightly on top of area.

Step 2



Carefully hold the end of the tape finger and lift it away from the skin. Reposition the finger as shown below. Your goal is to surround the affected area with tape fingers.

Step 3



Slide your hand over the top of the tape finger to set it in place

Position the finger over the area with one hand while the other holds the base down. Pull gently on the end of the finger to apply about 10% stretch. Move your hand holding the base over the tape finger towards the end of the finger to finalize the position. When applying, never stretch ends of the tape, only stretch the middle. Rub the individual finger vigorously to set adhesive.

Step 4



Continue to lay down other fingers of the tape using the same technique. Try to space the fingers equally apart, about 1/2 inch or 10mm.

Step 5



Continue to lay down the fingers, ensuring that the affected area is covered by equally spaced fingers. Rub vigorously to set each individual finger.

Step 6



Once all fingers have been applied, rub the entire structure vigorously to set adhesive. Use caution when rubbing. Try not to catch an end of the tape fingers with your hand as you may cause the end to lift. If you do, simply cut off the end of the finger that is not adhering. This will not effect the therapeutic capability of the tape.

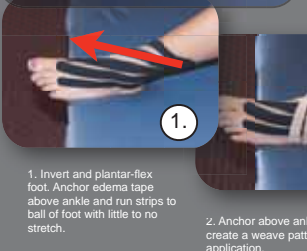
Shoulder



1. Anchor tape from top of shoulder to lower arm with no stretch.

2. Apply tape on top of shoulder. Stretch tape 25% in middle, no stretch in ends.

Ankle Sprain



1. Invert and plantar-flex foot. Anchor edema tape above ankle and run strips to ball of foot with little to no stretch.

2. Anchor above ankle and wrap tape to create a weave pattern with first edema application.

Thigh

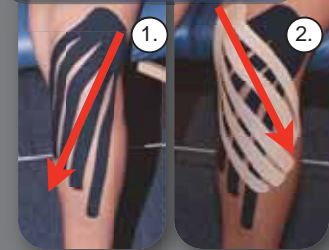


1. Lie down and drop leg over table. Anchor tape at top of thigh and run to area above knee. No stretch.

2. Apply second piece with 25% stretch in the middle in a diagonal direction across the original application.

endurance tape for athletes

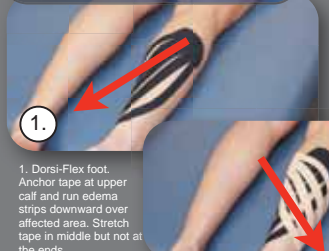
Knee



1. Place knee in 90° flexion angle. Anchor edema tape at top of knee. Create basket by wrapping tape around each side of knee. Use a gentle radius. Apply little to no stretch to tape.

2. Apply a second edema tape in a diagonal pattern crossing the first application. Use a gentle radius with little to no stretch.

Calf



1. Dorsi-Flex foot. Anchor tape at upper calf and run edema strips downward over affected area. Stretch tape in middle but not at the ends.

2. Apply second piece with 25% stretch in the middle in a diagonal direction across the original application.

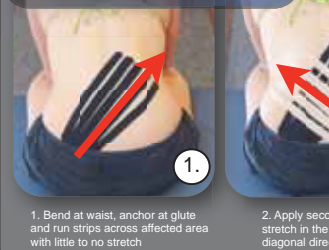
Ribs



1. Attempt to stretch trunk away from affected side. Apply base of edema tape above affected area. Carefully apply strips over affected ribs with little to no stretch.

2. Apply second piece with 25% stretch in the middle in a diagonal direction across the original application.

Lower Back



1. Bend at waist, anchor at glute and run strips across affected area with little to no stretch

2. Apply second piece with 25% stretch in the middle in a diagonal direction across the original application.