

# Kinesiology Taping Techniques

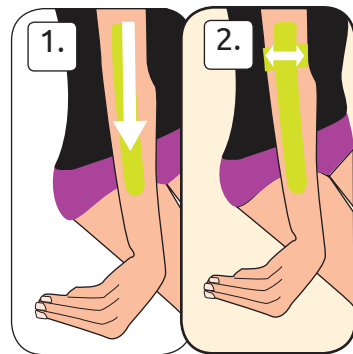
A guide to the use and application of kinesiology tape.

## Instructions

Apply on clean and dry skin before exercise. Rub vigorously to set adhesive. When required, stretch tape in the middle without stretching the ends.

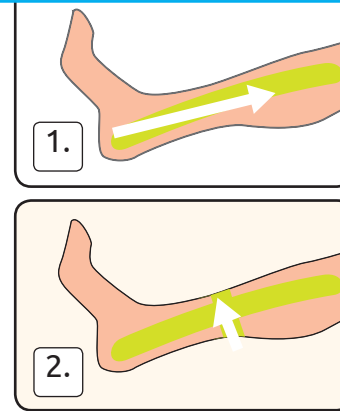
Kinesiology tape can easily be cut to the correct size and shape with scissors. When cutting the tape, round off the corners so they do not catch on clothing - this will help the tape stay in place for longer.

## Tennis Elbow



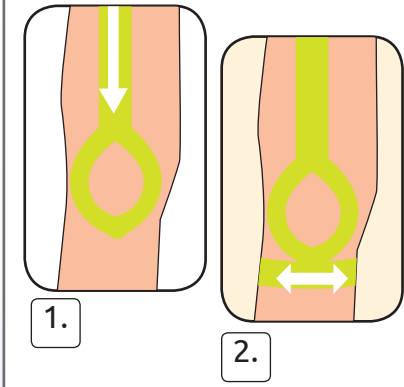
1. Extend arm, point hand down and gently rotate outwards. Anchor tape above elbow and run to just above wrist with no stretch.
2. Apply piece around elbow over site of pain. Stretch tape in the middle without stretching the ends.

## Shin Splints



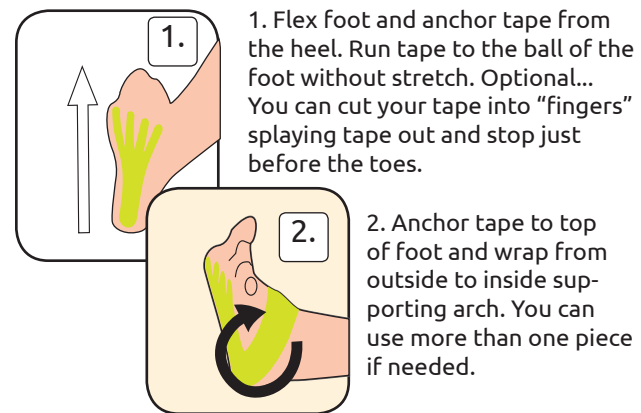
1. Establish which side of shin is painful. Flex foot and attach tape to side of ankle on affected side. Run tape along side of shin over pain with no stretch.
2. Optional... Apply piece across shin over pain. Stretch tape in the middle without stretching the ends.

## Knee



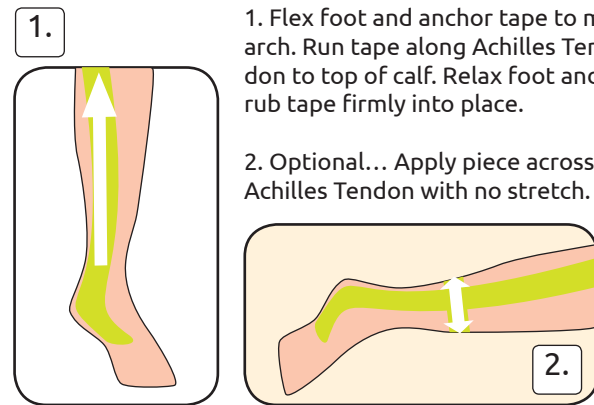
1. Bend knee at 90°. Split tape 8-10cm from end. Attach tape to mid-thigh and run down wrapping split ends around sides of knee. Press into place with no stretch.
2. Optional... Apply short piece round top of shin below knee cap. Stretch tape in the middle without stretching the ends.

## Plantar Fasciitis



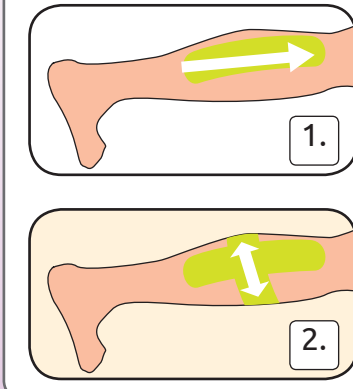
1. Flex foot and anchor tape from the heel. Run tape to the ball of the foot without stretch. Optional... You can cut your tape into "fingers" splaying tape out and stop just before the toes.
2. Anchor tape to top of foot and wrap from outside to inside supporting arch. You can use more than one piece if needed.

## Achilles Tendon



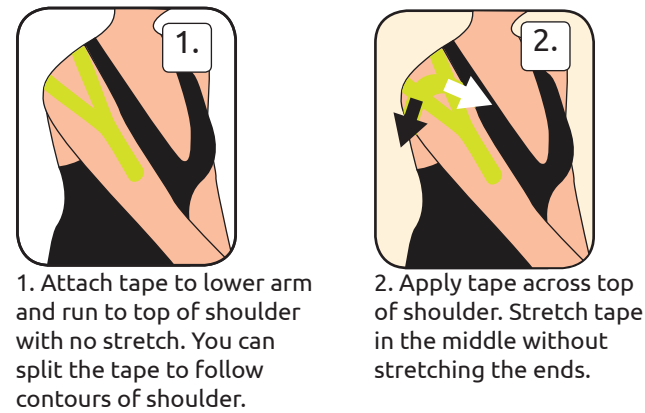
1. Flex foot and anchor tape to mid arch. Run tape along Achilles Tendon to top of calf. Relax foot and rub tape firmly into place.
2. Optional... Apply piece across Achilles Tendon with no stretch.

## Calf



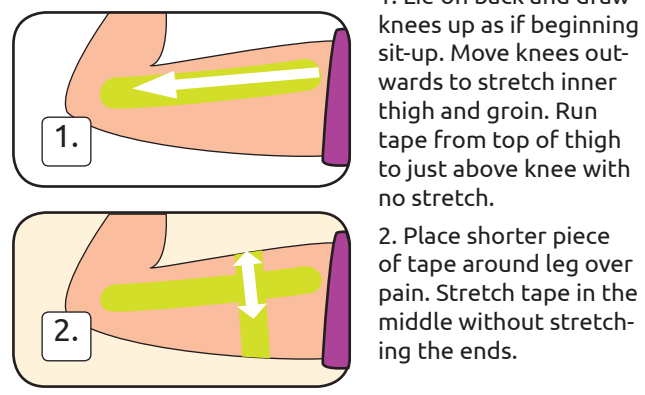
1. Flex foot. Attach tape to lower calf and run to just below back of knee. Stretch tape in the middle without stretching the ends.
2. Optional... Apply piece around calf over pain. Stretch tape in the middle without stretching the ends.

## Shoulder



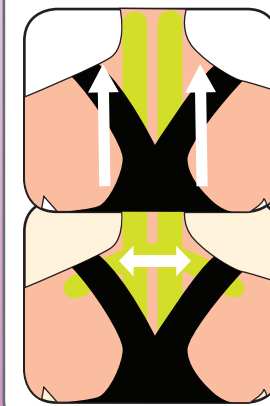
1. Attach tape to lower arm and run to top of shoulder with no stretch. You can split the tape to follow contours of shoulder.
2. Apply tape across top of shoulder. Stretch tape in the middle without stretching the ends.

## Groin



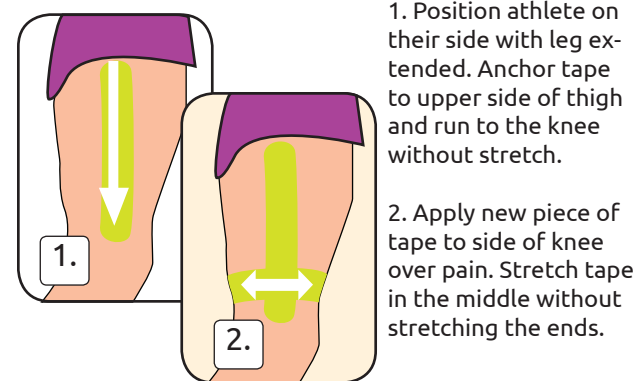
1. Lie on back and draw knees up as if beginning sit-up. Move knees outwards to stretch inner thigh and groin. Run tape from top of thigh to just above knee with no stretch.
2. Place shorter piece of tape around leg over pain. Stretch tape in the middle without stretching the ends.

## Neck



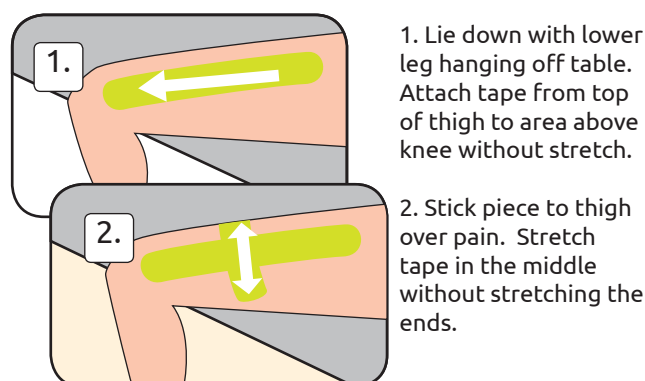
1. Stretch neck by gently lowering chin. Run tape vertically up each side of the spine from mid-back to top of the neck. Use two strips with no stretch.
2. Place tape across neck over pain. Stretch tape in the middle but don't stretch ends. For swimmers you can apply longer piece at Step 2 finishing with ends of tape over top of each shoulder.

## IT Band



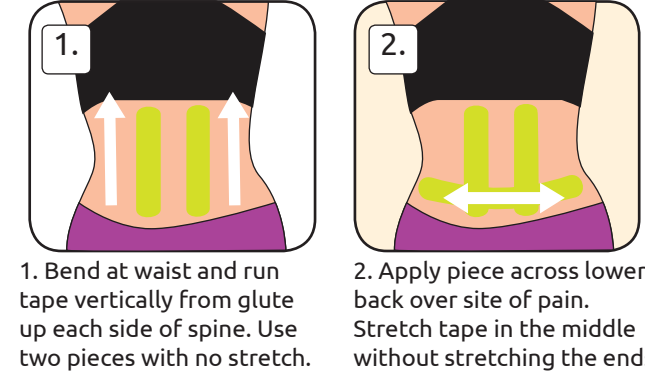
1. Position athlete on their side with leg extended. Anchor tape to upper side of thigh and run to the knee without stretch.
2. Apply new piece of tape to side of knee over pain. Stretch tape in the middle without stretching the ends.

## Thigh



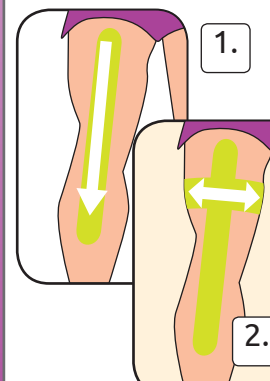
1. Lie down with lower leg hanging off table. Attach tape from top of thigh to area above knee without stretch.
2. Stick piece to thigh over pain. Stretch tape in the middle without stretching the ends.

## Lower Back



1. Bend at waist and run tape vertically from glute up each side of spine. Use two pieces with no stretch.
2. Apply piece across lower back over site of pain. Stretch tape in the middle without stretching the ends.

## Sciatica/ Ham



1. Sciatica: Lie face down, attach tape to top of thigh and run to just above ankle. Press in place with no stretch. Ham String: Athlete should bend over and touch toes. Attach tape to top of thigh and run to area above knee. Press in place with no stretch.
- Optional extra... Apply piece round back of thigh over pain, stretching tape in middle with no stretch in ends. Combine with Lower Back.