

Go stronger, longer

ROCKTAPE

EQUINE

EQUINE APPLICATION GUIDE

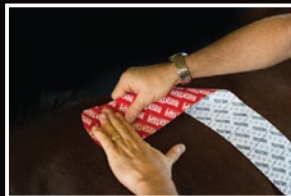
www.rocktape.com.au



Tear across the backing paper 5cm/2" from the end of the tape.



Remove the backing paper and this will create a 5cm/2" anchor.



Apply the first 5cm/2" without any stretch.



Gently peel the backing paper away from the length of the tape.



Apply a **small** amount of stretch as you lay the tape on. For some applications, the horse's body part may be in a lengthened position, therefore requiring less stretch on the tape.



Apply long pieces of tape in short sections. Rub the tape vigorously in the direction of the fur, generating heat to activate the adhesive.



Don't apply any tension to the final 5cm/2" of tape.

TRAPEZIUS



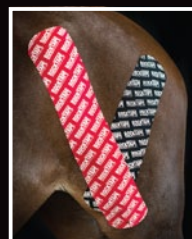
1. Apply 10cm wide tape with zero to 50% stretch over the thoracic component of the trapezius (black tape).
2. Apply a longer 10cm wide tape with zero to 50% stretch over the cranial component of the trapezius (red tape).

SDFT/DDFT



1. Apply 5cm or 10cm wide tape along the length of the SDFT/DDFT and suspensory ligament without any stretch.
2. Apply a 5cm decompression strip across the area of soreness/lesion diagnosed on ultrasound.

STIFLE



1. Apply a 10cm wide tape with zero to 25% stretch along the biceps femoris (black tape).
2. Apply a 10cm wide tape with zero to 25% stretch along the tensor fascia latae that crosses the first piece and finishes on fur (red piece).

SIJ



1. Apply three pieces of 5cm tape without stretch in a star formation over the lumbosacral junction or over the SIJ of concern.

INFLAMMATION



1. Apply 5cm or 10cm wide tape depending on the area to be treated. Alternatively, use pre-cut oedema strips. Anchor the uncut end and then apply each "tentacle" with zero to 50% stretch over the area of inflammation.
2. Repeat with a second piece to create the "lattice" pattern shown.

HAMSTRINGS



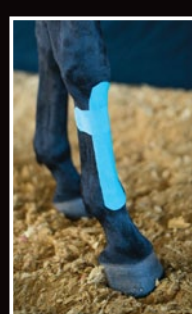
1. Apply 10cm wide tape without stretch from the tuber sacrale to the level just below the stifle joint. This can be applied with the hind limb in neutral or a cranial stretch.
2. An optional 10cm wide decompression piece can be applied mid muscle or over an identified area of soreness.

LUMBOSACRAL



1. Apply two pieces of 10cm wide tape with zero to 50% stretch adjacent to the spine, starting at the gluteal tongue and ending at the base of the dock. This can be applied with the horse in neutral or in a lumbar stretch.
2. Apply a 10cm wide tape with zero to 50% stretch across the area of most soreness.

SHIN SORENESS



1. Apply 5cm or 10cm wide tape along the length of the cannon bone without any stretch.
2. Apply a 5cm decompression strip across the area of most soreness.

INSTRUCTIONS

- Apply on a clean coat, free from oils, lotions and moisture
- Round all the corners
- Never stretch the ends of the tape- have at least a 5cm anchor
- The amount of stretch used in the applications is dependent on the clinical presentation. However, larger muscle groups may require more stretch
- Activate the adhesive by rubbing over the tape in the direction of the fur
- Store in a cool, dry place. Let the tape come to room temperature before applying.

SAFETY

- Always position yourself in a safe place in relation to the horse when applying RockTape.
- Always lunge the horse to determine the effect of the tape on the horse prior to riding.