

When applied properly, RockTape premium kinesiology tape:

- Relieves swelling
- Cues form
- Delays fatigue
- Normalizes muscle

RockTape is made of 97% cotton, 3% nylon and an acrylic adhesive similar to a standard Band-Aid®. It is 100% latex-free.

CONTRAINDICATIONS

- Open wounds
- Skin lesions
- Adhesive allergies
- Infants/toddlers/children too young to communicate

In some cases, mild/moderate skin reactions can occur. These include redness, itchiness, hives, swelling. Immediately remove tape if any skin reaction occurs and consult your primary care physician if symptoms are severe or do not improve within two days.

START HERE

1 Prep: Skin should be dry and free of oil, sweat and lotion; any excess hair should be trimmed.

2 Cut tape to desired length.

3 Fold length of tape in half and round the corners. This keeps the tape from catching on clothing and helps the tape stay on longer.

4 Tear tape backing 2" from one end.

5 Stretch the area that is going to be taped. See instructions for specifics.

6 Anchor the tape with no stretch.

7 Apply the rest of the tape as outlined in the specific instructions. Rub thoroughly to activate adhesive.

IMPORTANT: FOLLOW THE NO STRETCH INSTRUCTIONS. STRETCHING THE TAPE MAY CAUSE DISCOMFORT, IRRITATION AND ITCHINESS ON APPLICATION SITES. IF THIS OCCURS, DISCONTINUE USE AND CONSULT A PHYSICIAN.

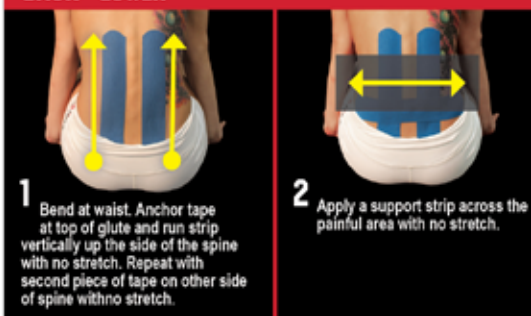
ACHILLES TENDON



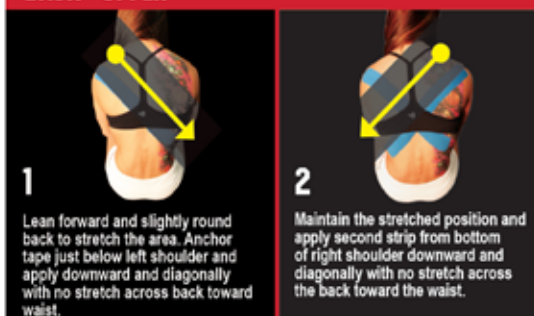
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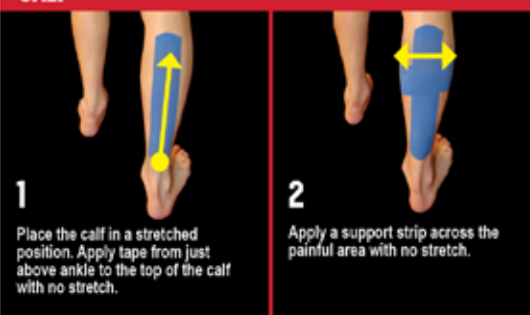
BACK - LOWER



BACK - UPPER



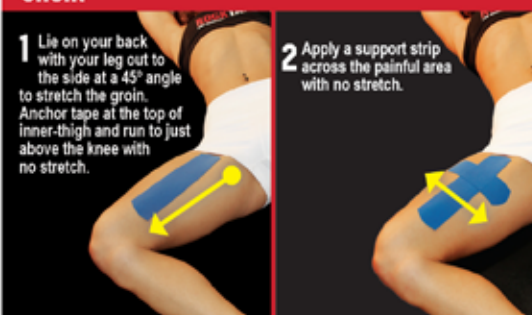
CALF



ELBOW



GROIN



HAMSTRING



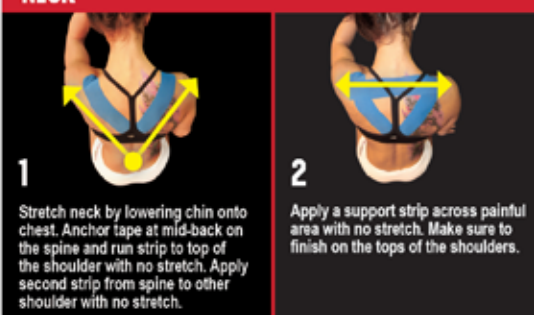
IT BAND



KNEE



NECK



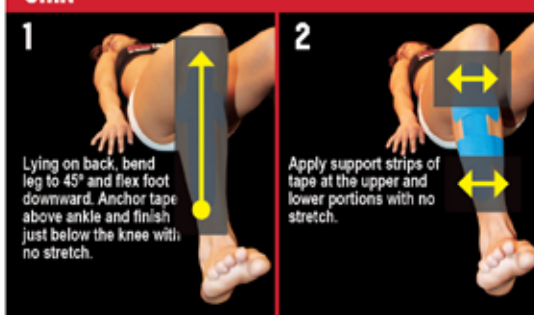
PLANTAR FASCIITIS



RIB AREA



SHIN



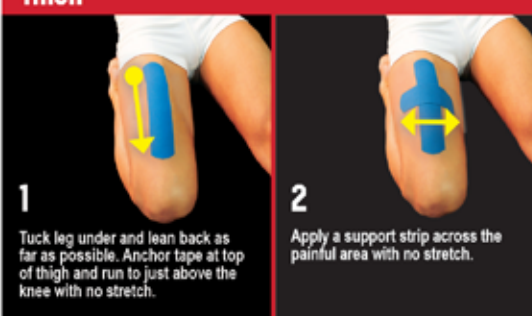
SHOULDER



SWELLING - EDEMA



THIGH



TOE



WRIST

