

Go stronger, longer  
**ROCKTAPE**  
EQUINE



## ROCKTAPE EQUINE APPLICATIONS

**Rocktape Equine** is a sports tape also known as kinesiology tape being adapted for use with the equine athlete. It is being used more regularly by innovative equine practitioners, trainers and coaches.

**Rocktape Equine** can be used as either a sole or an adjunctive treatment in equine therapy. It can be used to reduce or control pain, manage swelling or oedema, increase joint range of motion and muscle function, and maintain a level of functionality and comfort for the horse throughout the rehabilitation process. It can also be used to assist the equine to maintain functionality and comfort in training and assist with recovery, thus facilitating overall soundness in the equine athlete.

Unlike traditional rigid tape which utilises compression and immobilization in treatment, **Rocktape Equine** activates the nervous and circulatory systems to initiate healing.

**1. Injured muscles** - **Rocktape Equine** is applied along the length of the injured muscle and as the elastic tape recoils it lifts the skin from the tissue below. This has an effect of:

- reducing the sensation of pain
- promoting circulation assisting in the reduction of any swelling or bruising and enhancing the blood flow to the injured muscle.

**2. Biomechanical dysfunction** - **Rocktape Equine** provides support or stability without restricting the range of motion.

**3. Postural dysfunction** - **Rocktape Equine** improves the proprioceptive feedback to the area which assists in the retraining of the muscles that maintain the correct posture.

**4. Improve endurance** as the increased circulation can assist to improve the supply of oxygen to muscles and the removal of the lactic acid.

**5. Improve recovery time** after intense training sessions or competition, the increased circulation assists in the removal of waste products such as lactic acid.

**6. Clinical indications for the use of Rocktape Equine** could include:

- muscle strains or tears
- muscle stiffness
- weakness and atrophy
- shin soreness
- tendonitis/ tendonopathy
- inflammation
- spine/pelvis dysfunction
- nerve paralysis, neuralgia and neurologic disorders
- gait abnormalities
- rehabilitation, management and/or prevention of movement dysfunctions
- prolong the effects of myofascial release

**Rocktape Equine** is hypoallergenic – zinc oxide and latex free, so it doesn't generally cause skin reactions.

Please don't leave your **Rocktape** in the car or areas where it can be exposed to heat for a prolonged period of time as this may have an impact on the adhesives within the tape.

Please refer to [www.rocktape.com.au](http://www.rocktape.com.au) for more information