

FACTS ABOUT KINESIOLOGY TAPE

ELASTIC THERAPEUTIC TAPE

Kinesiology tape is a stretchy, adhesive tape used in sports medicine and physical therapy to help rehabilitate physical injuries



It is applied to the skin over an area of concern to help mitigate pain, swelling, and to aid in improving proprioception

MOVEMENT

Tape can improve neuromuscular control by clarifying our movement maps in our central nervous system

TAPE QUICK GUIDE

DURATION

It usually remains in place for 3-5 days



SWELLING

Elastic therapeutic tape can aid in managing acute and chronic swelling

WATCH YOUR POSTURE

Tape has been proven to improve body position by reminding the brain where a body part is in space

PAIN

Tape has been shown to help with acute and chronic pain mitigation

The tape provides support and stabilization to local tissues, joints, and/or ligaments without restricting range of motion.



Get more information at

WWW.ROCKTAPE.COM