

RIGID SPORTS STRAPPING TAPE INSTRUCTIONS

- Suitable for taping ankles, knees, fingers, wrists, elbows & shoulders
- Easy to tear off serrated edges make it simple to get exact size strips that you require
- Rub down tape once applied for best result

IMPORTANT:

- Do not cut off blood supply when Taping
- Do not apply over open wounds or grazes, apply a dressing first
- Note: Be careful when removing the tape as it can, with some athletes cause blistering or tear the skin

REMEMBER:

- While the Rigid Sport Strapping Tape can easily be applied by yourself, you should always seek out a Sports Physio to give you correct remedial treatment for your injuries.

Note:

We also Sell Kinesiology Tape, Ankle Guards, Knee Supports, Ice Bags & Wraps, Hot & Cold Pack Wraps & Training Ladders

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