

KINESIOLOGY TAPE INSTRUCTIONS

- Cut Tape to size (grid lines assist cutting accurately)
- Make sure you round off corners with scissors (This stops corners lifting)
- Break Backing Tape about 5cm from the end and peel back slowly not to stick back on itself
- Once Kinesiology Tape is applied, rub into skin to get a firm grip doing this heats up the adhesive and gives longer life to the tape

IMPORTANT:

While the K Tape can easily be applied by yourself, you should always seek out a Sports Physio to give correct remedial treatment using the tape to get the best results

REMEMBER:

With all injuries you should see proper medical advice as soon as possible

Note:

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

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