



DONJOY
PERFORMANCE

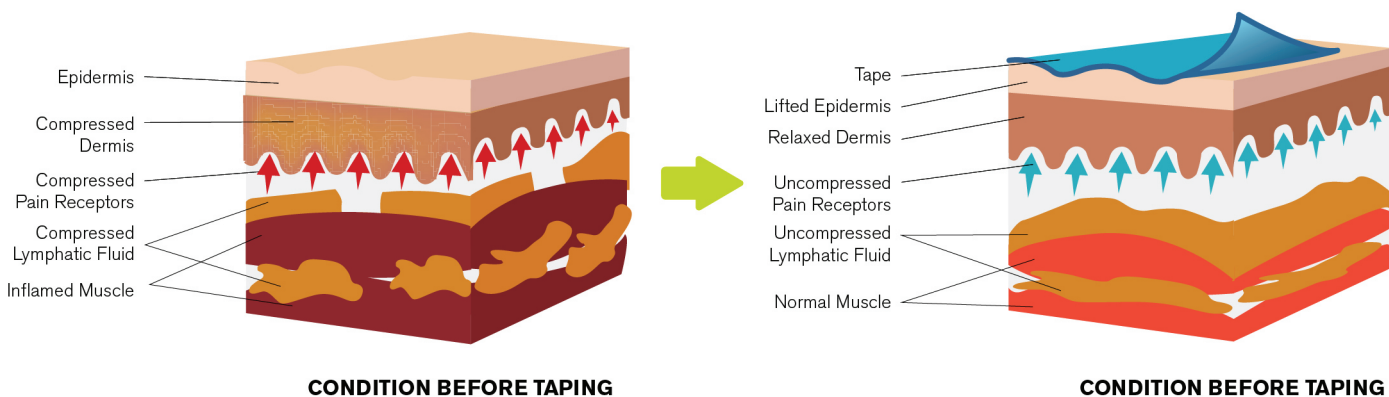
ARM YOUR MUSCLE

BEAT THE PAIN

EFFECTS OF KINESIOLOGY TAPE

WHAT IS KINESIOLOGY TAPE?

Elastic and stretchable, kinesiology tape helps deliver non-medicated muscle and joint pain relief by providing support while increasing blood circulation to facilitate rapid relief.



HOW DOES KINESIOLOGY WORK?

Overworked or injured muscles are usually inflamed, which causes them to push up and block the blood circulating between the upper muscle and skin layer, leading to pain. After the tape is stretched and applied, it will contract and lift the skin, thereby creating space below the skin surface for greater blood flow.

PRECAUTIONS & TIPS

Precautions

- Do not remove in the shower. Remove the tape only when it is dried.
- Stop use immediately if skin becomes irritated or rash occurs.
Consult your physician if any rash or irritation does not go away after a day.
- Do not use on open wounds or cuts.
- A test patch is recommended for those with allergic tendencies.
- For those with sensitive skin and those who are not as physically active, such as the young and old, apply the tape with little to no stretch.
- Do not use on the abdomen/torso if pregnant. Do not use if diabetic or if suffering from a serious ailment without seeking professional medical advice first.
- These instructions are for educational purposes only.
- This product is not meant to be a substitute for professional treatment.

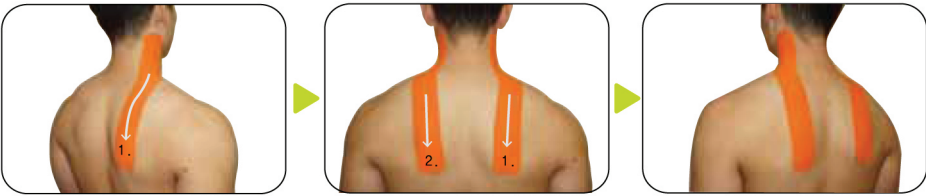
Tips

- Apply few hours before beginning activities for best results.
- Apply to clean, dry skin free of lotions and creams.
- Stretch the muscle and bend joints while applying the tape.
- To remove, pull the tape slowly in the direction of hair and move your finger along underneath to hold the skin down.

KINESIOLOGY TAPE INSTRUCTIONS

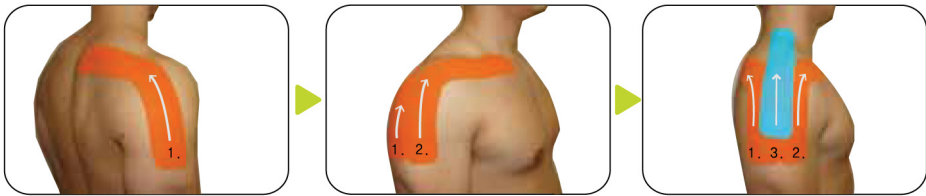
STIFF NECK/MIGRAINE

- 1. Tilt the head towards the opposite shoulder. Anchor a strip behind the base of the ear. Stretch the tape as you move downward along the neck and down along the spine.
- 2. Repeat the previous step on the other side of the neck.



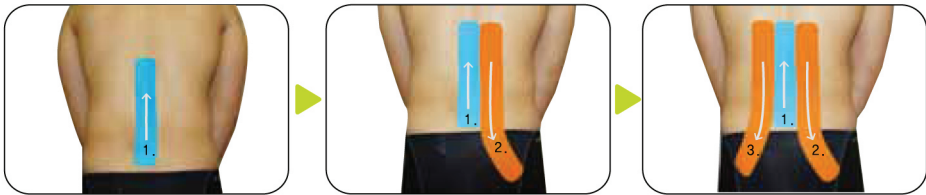
SHOULDER PAIN

- 1. Anchor a strip to the left of mid-bicep then stretch straight up. Once at the shoulder, angle the tape toward the spine.
- 2. Repeat the previous step but start by anchoring a second strip to the right of mid-bicep and angling the tape along the collar bone.
- 3. Apply a third strip on top of the other two then stretch straight over the shoulder towards the neck.



LOWER BACK PAIN

- 1. Bend forward at the waist to stretch the back muscle. Anchor a strip to the base of the spine then up along the spine.
- 2. Anchor a second strip to the right of the first strip starting at the top. Stretch it along the first strip, angling it out towards the glutes at the end.
- 3. Repeat the previous step on the opposite side of the first strip.



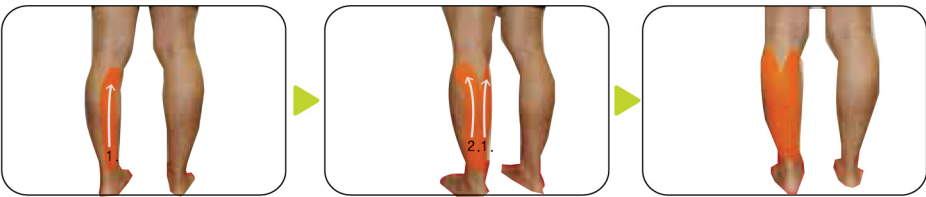
KNEE PAIN

- 1. Bend the knee at a 90 degree angle. Anchor a strip to the right of mid-shin then stretch it straight up. Once at the knee, angle the tape straight back along the side of the thigh.
- 2. Repeat the previous step, but anchoring to the left of mid-shin.
- 3. Anchor a third strip on top of the other two strips then stretch up over the knee and onto the quad.



CALF PAIN

- 1. Stretch the calf muscle. Anchor the first strip above the ankle and stretch up along the calf to one side, angling out to the front of leg to avoid taping the back of the knee.
- 2. Repeat the previous step with a second strip on the other side of the calf.



PLANTAR FASCIITIS

- 1. Stretch the bottom of the foot by pointing toes and ankle down. Anchor the first strip at the base of the big toe. Stretch the tape 100% along the foot and over the heel with 70% stretch.
- 2. Repeat the previous step with a second strip, anchoring this one at the base of the smallest toes.
- 3. Rip the third strip in the middle and stretch the tape 100% from the middle and out, applying the middle of the tape to the heel. Stretch each side out along the sides of the foot towards the toes.

