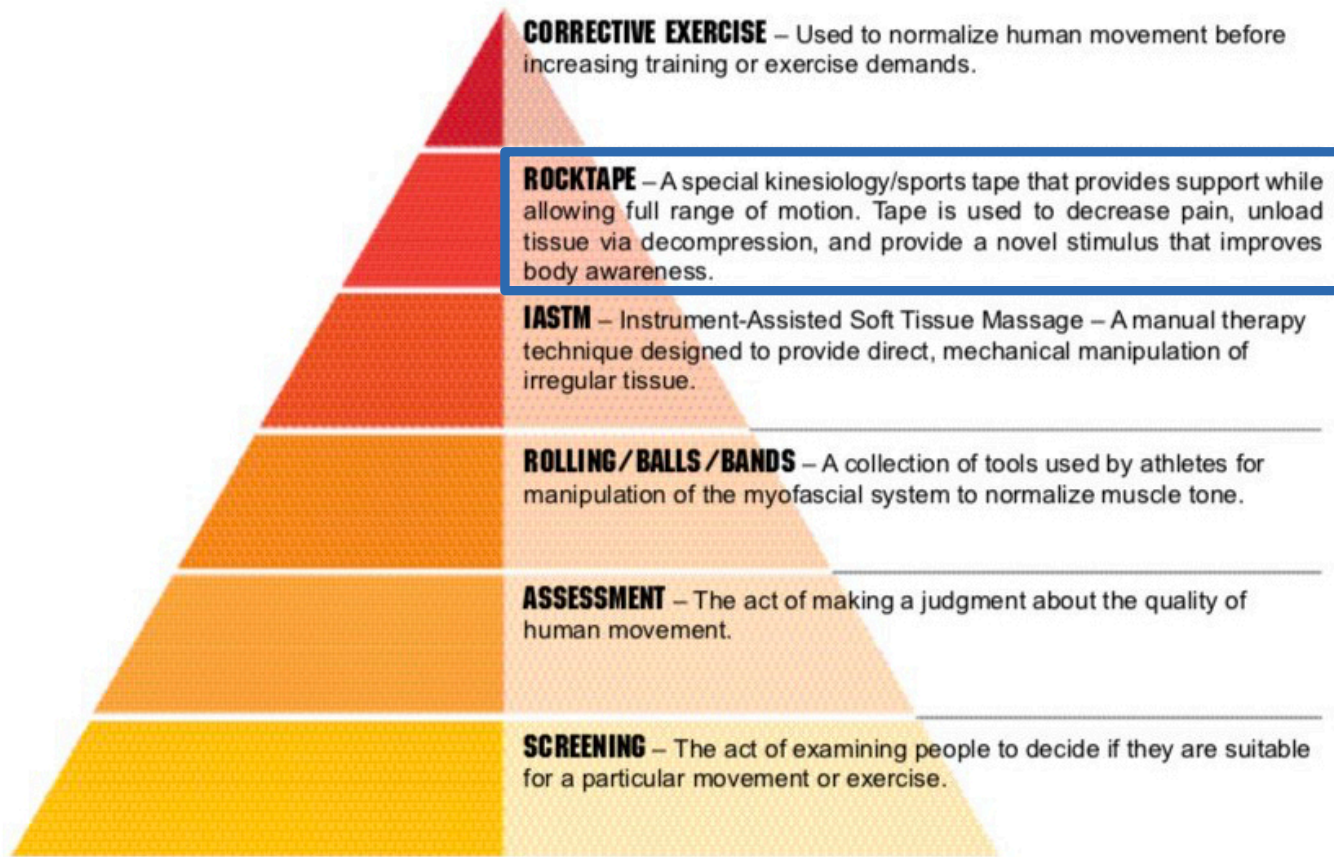


## A MULTI-FACETED APPROACH



## HOW IT WORKS

Rocktape, and other brands of kinesiology tape have three primary uses:

- Fluid effect- improving blood and lymphatic flow in the taped area
- Mechanical effect- improving the slide and glide between tissue layers
- Neurological effect- altering the perception of pain and improving body awareness.

The elastic fibers in the tape help to lift the skin, creating a wrinkling appearance. This serves to decompress the area immediately below, and can decrease pain, reduce swelling and bruising, provide functional support through a full range of motion and provide postural feedback.

## HOME CARE

Keep the tape on as long as it feels good, typically 2-4 days. If you notice any unusual itching or redness, take the tape off using the instructions below.

Pat the tape dry after showering or bathing, paying attention to prevent rolling at the ends. This will help prolong the life of your tape.

To remove, pull the tape back parallel to the skin, rather than away from the skin at an angle. Apply pressure to the skin revealed as the tape is removed. You may find it easier to remove when the tape is wet.

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