

LOWER BODY TAPING GUIDE

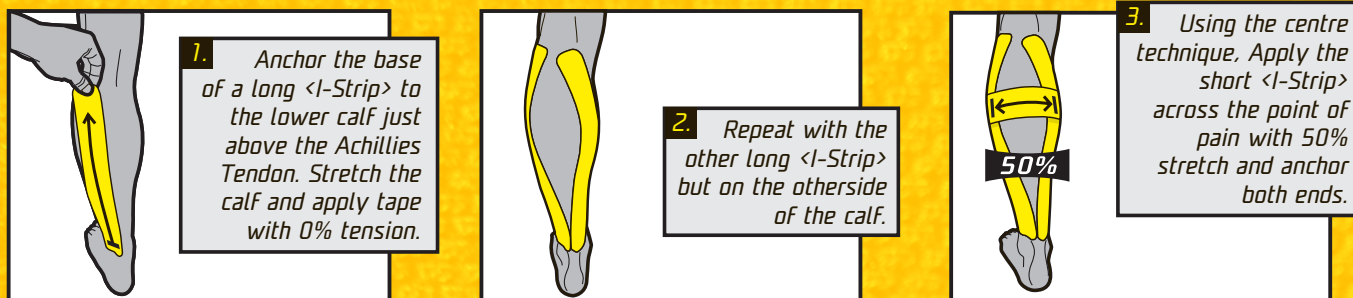
SPORTTAPE 

SPORTTAPE FLEX is a dynamic elasticated cotton tape that depending on the application can help aid recovery, assist performance & prevent injury. To help you get the maximum benefits we've created this simple application guide.

SPORTTAPE FLEX can last up to 5 days, depending on the application and activity. From our experience, applications on the feet and hands will last 2-3 days whilst applications on larger muscle groups can last 3-5 days.

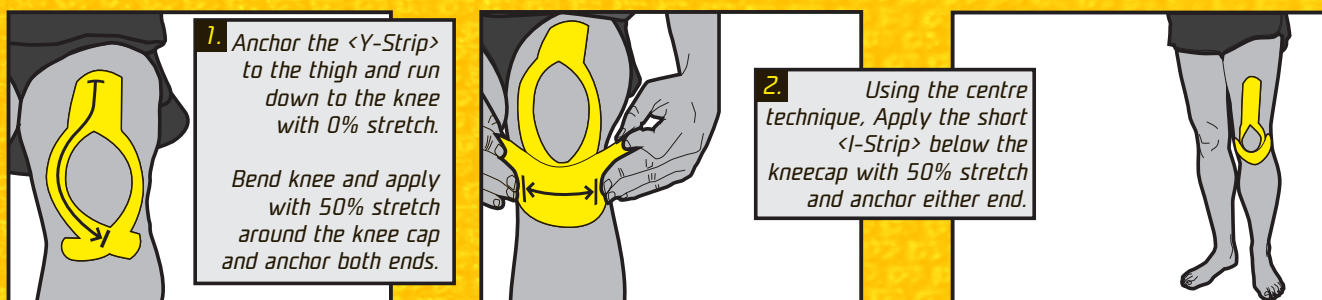
CALF PAIN

Requires: 2x Long <I-Strip> 1x Short <I-Strip>
Position: Standing and Calf Stretched



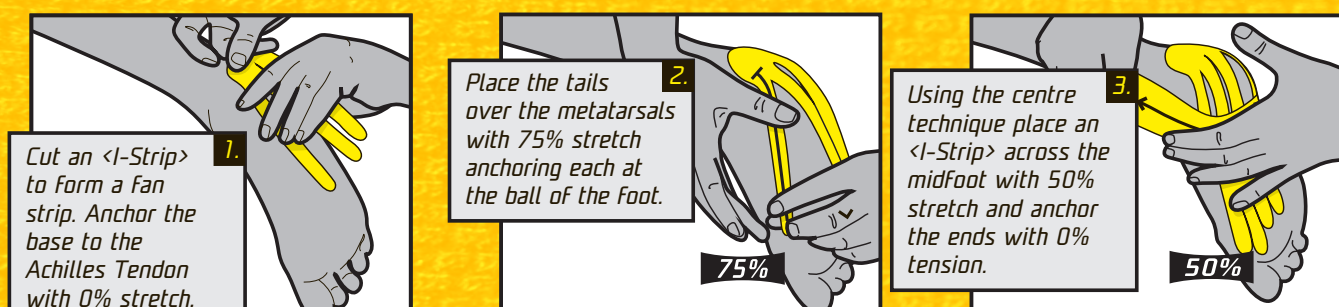
KNEE PAIN

Requires: 1x Long <Y-Strip> 1x Short <I-Strip>
Position: Seated and Knee Bent



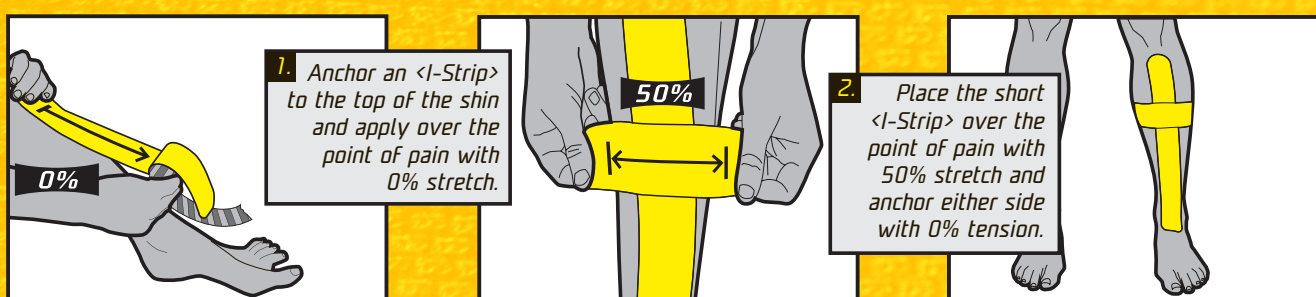
PLANTAR FASCIITIS

Requires: 2x Short <I-Strip>
Position: Lying down and Foot Dorsi Flexed



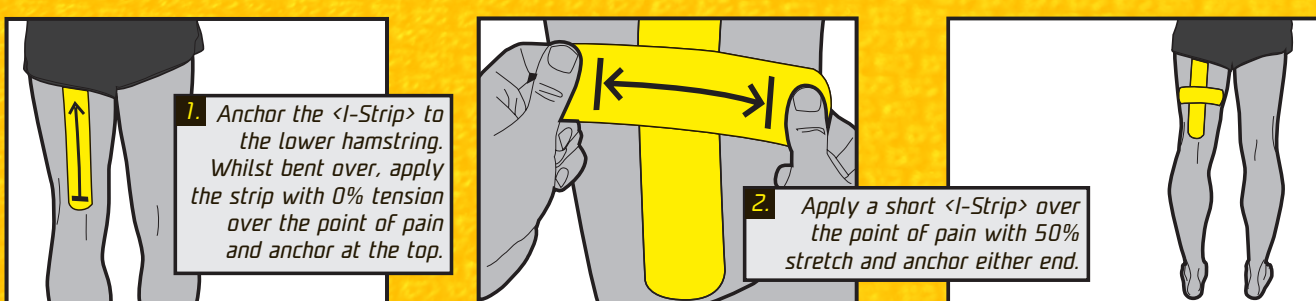
SHIN SPLINTS

Requires: 1x Long <I-Strip> 1x Short <I-Strip>
Position: Seated with Foot Plantar Flexed



TIGHT HAMSTRING

Requires: 1x Long <I-Strip> 1x Short <I-Strip>
Position: Standing and Bent Over



Top Tips



Round the corners of the tape before applying to skin.



Start with clean dry skin, and preferably trimmed or shaved hair.



Never apply to broken or frail skin.



Apply 30 minutes before activity.



Handle the backing paper, not the glue.



Gently remove the tape from skin.



Check out our application videos at www.sporttape.co.uk

FOR MORE TAPING GUIDES VISIT WWW.SPORTTAPE.CO.UK



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DISCLAIMER
The instructions we provide here and on our website are for illustrative purposes only. They are not meant to replace professional medical advice. If you are suffering from a medical problem you should immediately contact your physician. Muscular and skeletal problems are often indicative of serious health issues and you should seek treatment from your doctor or therapist. Cancer patients should not use SPORTTAPE and do not use on the abdomen if pregnant. Warranties and remedies are limited to replacement cost.