

*We look at healing differently. We're inspired by a passion to help people live healthier, happier lives.*



IFU



THE Original KINESIO® TAPE



Kinesio®, the original elastic adhesive tape, continues to provide our famous wave design that has set the standard for Kinesio Taping® practitioners worldwide. From elite athletes, weekend warriors and daily life to neurological and pediatric patients, Kinesio® Tex Performance+ provides users with high quality and consistent results.



HYPO-ALLERGENIC



LATEX-FREE



MULTIPLE DAY WEAR



WATER-RESISTANT



COTTON/POLYESTER



MEDICAL DEVICE

KinesioTape.com

/KinesioTapeOfficial

@KinesioTape

#KinesioTape #TapeWithWisdom

**KINESIO HOLDING CORPORATION**

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tapewithwisdom.com/partners

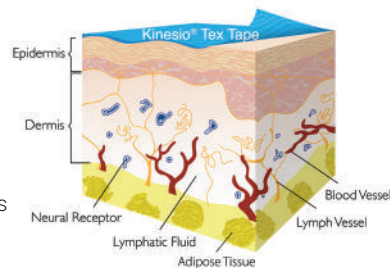


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**How Does Kinesio Taping® Work?**

Developed by Dr. Kenzo Kase® over 40 years ago, the Kinesio® Taping Method (KTM) was designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion. Now Dr. Kase's newly created technique focuses on the layers of the epidermis and is called Kinesio Medical taping (KMT). In the medical field this methodological approach to skin is being used to address daily pain, swelling, and heaviness, such as digestive problems, back injuries, and sleep disturbances caused by autonomic nerves. KMT™ refers to the tape and taping methods that can address the skin in the shallower layers of the fascia and is used to continuously stimulate the skin.



**Any serious incident that has occurred in relation to the device should be reported to the manufacturer and the competent authority of the Member State in which the user and/or patient is established.**



Learn Kinesio Taping® with Kinesio University® In-Person and Online Courses. [TapeWithWisdom.com/EDU](http://TapeWithWisdom.com/EDU)



# Before Applying Kinesio Tape

## ▶ Please Read Full Instructions

- Assistance is recommended to apply applications.
- Ensure skin is clean, dry and free of any oils and lotions before application.
- It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.
- Use the **2-inch square guides** on the back of the tape to help measure the length of the tape strip and make correct cuts.
- Remove a small portion of the paper backing at the end of the tape strip in order to create an **"Anchor"** to apply the tape.
- Make sure to round all ends of the tape. Rounded ends help prevent snagging, fraying, and peeling off quickly.

## ▶ To Care For Your Application



Rub to activate adhesive.



Use caution. Clothing can catch edges of tape.



Pat or blot to dry. Do not wipe.



Wait 35 - 45 minutes before vigorous activity.



Direct heat can cause over-adhering and can make removal difficult.

**WATCH HOW TO VIDEOS**  
[KinesioTape.com/Instructions](https://www.kinesio.com/Instructions)

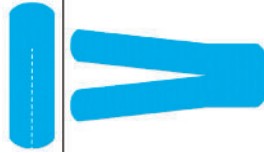


## ▶ Cutting Kinesio Tape



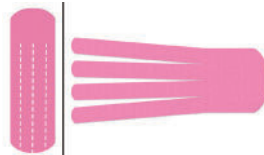
### I-Cut

Cut to the length for application.  
Round each end.



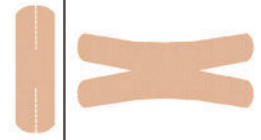
### Y-Cut

Cut the tape in an I-cut, cut down the middle to the specified length.  
Round each end.



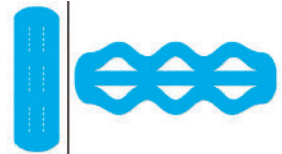
### Fan Cut®

Cut the tape in an I-cut. At one end, cut 3 lines to create a 4 tail fan effect, leaving 1-2" at the end for the anchor.  
Round each end.



### X-Cut

Cut the tape in an I-cut, cut the tape from both ends to form an X-cut.  
Round each end.



### Snowflake

Cut the tape in an I-cut, cut two inch longitudinal cuts throughout the tape.  
Round each end.



### Web-Cut

Cut the tape in an I-cut. Fold tape in half, cut 3 lines on the fold of the tape, leaving space at the end for the anchor.  
Round each end.

**PRECAUTIONS:** • Consult your physician prior to use. • If you are diabetic, pregnant, have poor circulation, nerve damage, a skin condition or allergy to adhesives, seek medical advice before use. • Seek medical advice if the condition is severe or does not improve within 5 days. • Do not use on open wounds, broken or irritated skin. • Test small area of skin for sensitivity. • A test patch is highly recommended for those with high allergic tendencies. • Stop usage immediately if skin sensitivity occurs. • Use care when applying tension to the tape. • Elongate the target area prior to applying tape. • Remove any excess oils, lotions, sweat, and/or dirt prior to applying the tape. • Store in a cool dry place. Avoid storing product in direct sunlight and/or high temperatures. • Keep out of reach of children. • Do not use hair dryer to dry tape. • Do not remove in the shower or bath. • For easier removal, soak tape with a body oil, such as baby oil, massage oil or similar. • Use by expiry date shown on box.

**IFU in additional languages:**  
[TapeWithWisdom.com/IFU](https://www.kinesio.com/IFU)

