



Peak Performance Therapy, LLC

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Kinesiotape Information

LATEX-FREE

Benefits

- Pain relief
- Reduce swelling and inflammation
- Prevents or relieves muscle spasms and cramping
- Provides support without restricting range of motion
- Speedier recovery of overused muscles
- Improve muscle activation

How it works

- Stimulates hair follicles which allows for a deeper connection to muscles
- Improves muscle contraction of weakened muscle
- Stimulate relaxation of over contracted muscle
- Provide support, muscle and tape are applied with some stretch, works like a sling

Removal Methods

DO NOT REMOVE LIKE A BAND-AID- MAY CAUSE SKIN IRRITATION

- Pull in direction of hair growth
- Pull skin back from tape
- Tape removed while bathing
- Soap, hand lotion, oil applied to tape to break adhesive

REMOVE TAPE IF YOU FEEL ANY OR ALL THE FOLLOWING SYMPTOMS

- Itching
- Burning
- Redness
- Increase pain