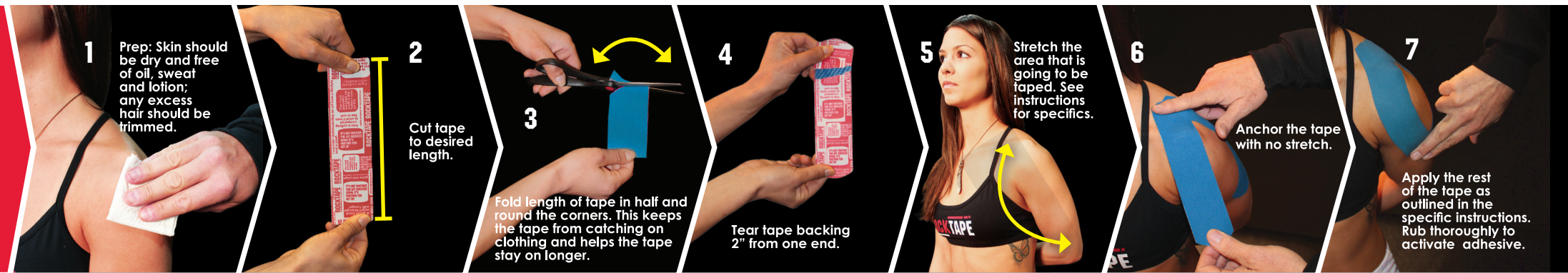


START HERE



When applied properly, RockTape premium kinesiology tape:

- Relieves swelling
- Delays fatigue
- Cues form
- Normalizes muscle

RockTape is made of 97% cotton, 3% nylon and an acrylic adhesive similar to a standard BandAid™. It is 100% latex-free.

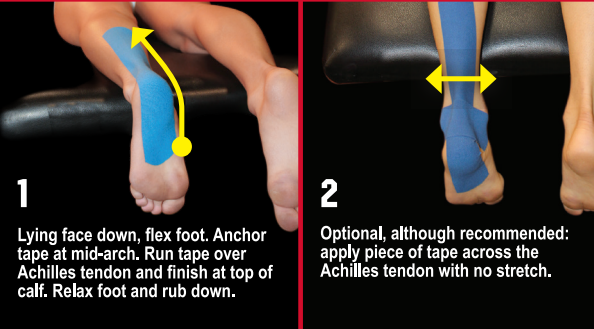
CONTRAINDICATIONS

- Open wounds
- Skin lesions
- Adhesive allergies
- Infants/toddlers/children too young to communicate

In some cases, mild/moderate skin reactions can occur. These include redness, itchiness, hives, swelling. Immediately remove tape if any skin reaction occurs and consult your primary care physician if symptoms are severe or do not improve within two days.

IMPORTANT: FOLLOW THE NO STRETCH INSTRUCTIONS. STRETCHING THE TAPE MAY CAUSE DISCOMFORT, IRRITATION AND ITCHINESS ON APPLICATION SITES. IF THIS OCCURS, DISCONTINUE USE AND CONSULT A PHYSICIAN.

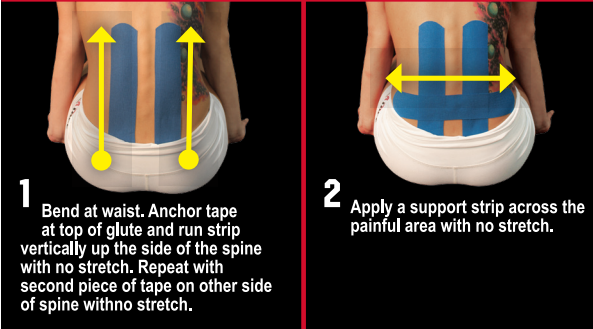
ACHILLES TENDON



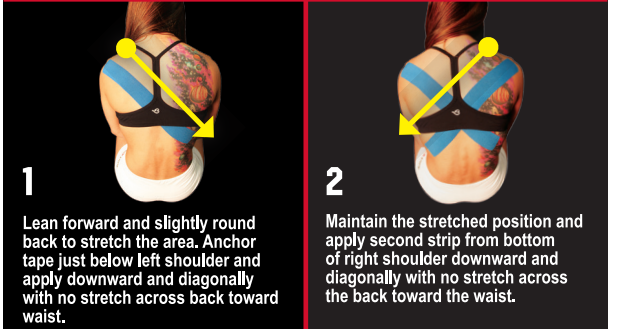
ANKLE



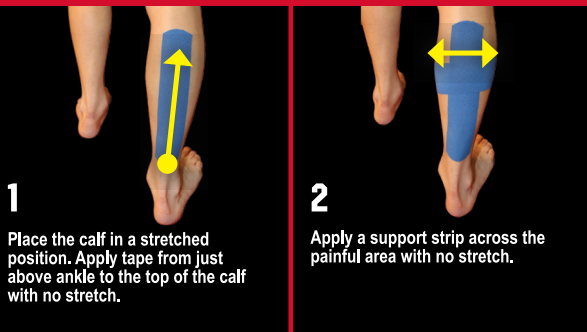
BACK - LOWER



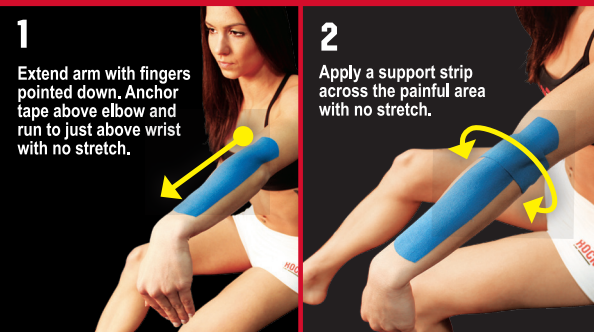
BACK - UPPER



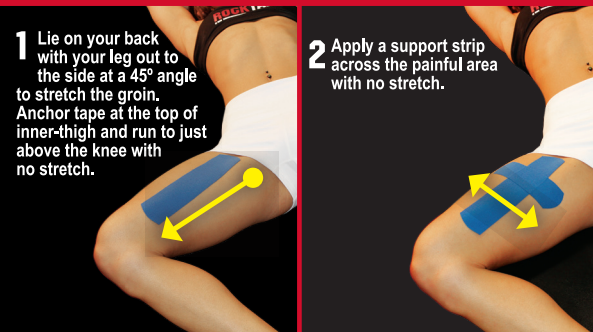
CALF



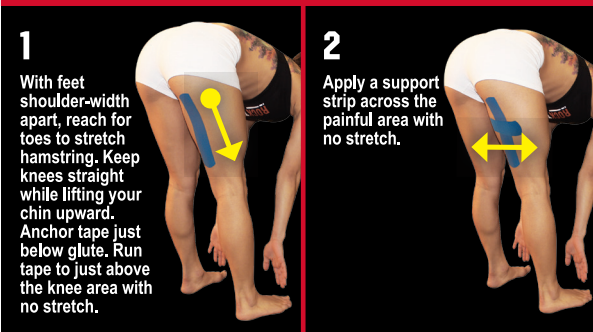
ELBOW



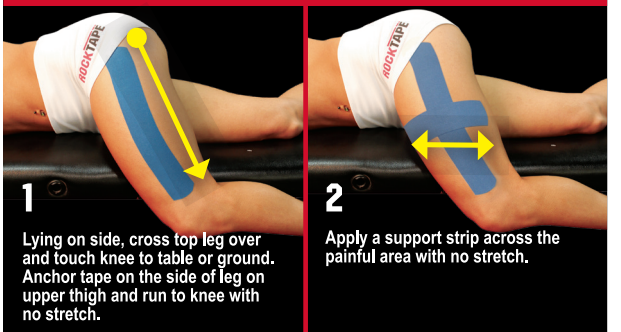
GROIN



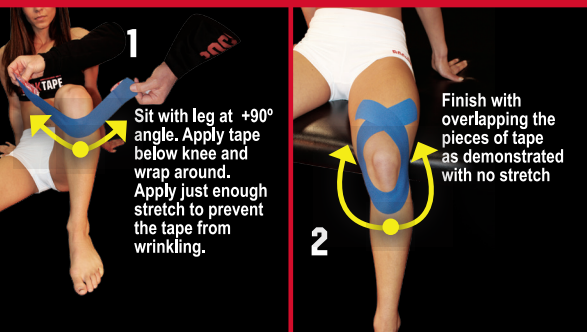
HAMSTRING



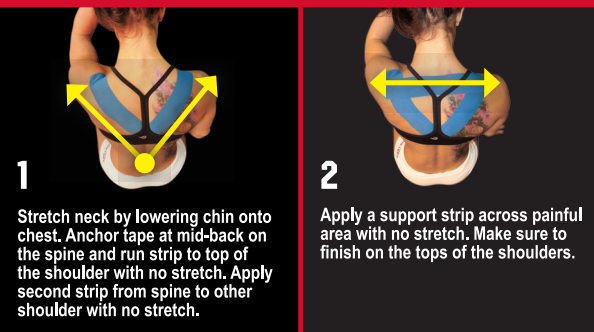
IT BAND



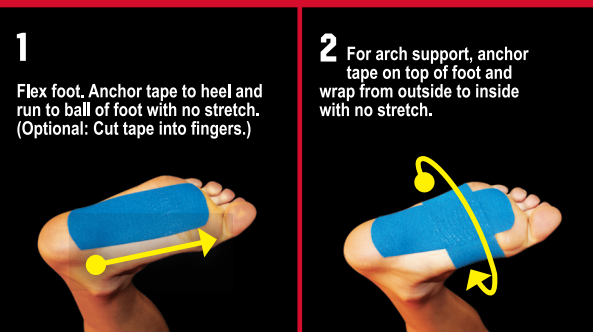
KNEE



NECK



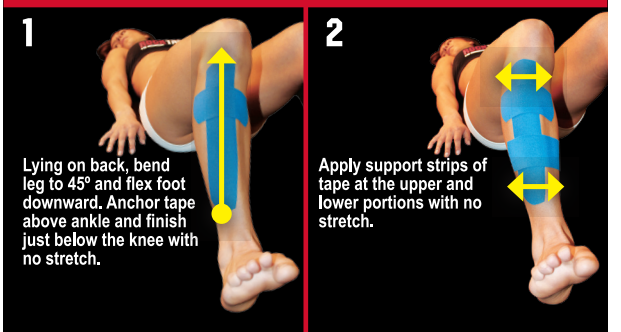
PLANTAR FASCITIS



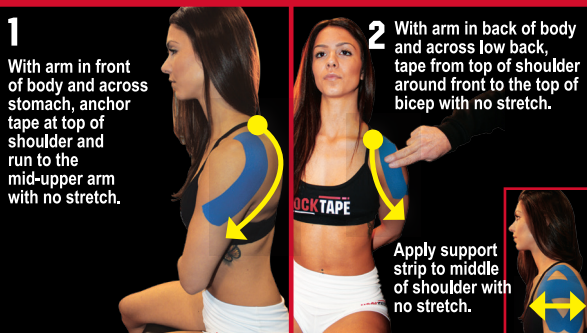
RIB AREA



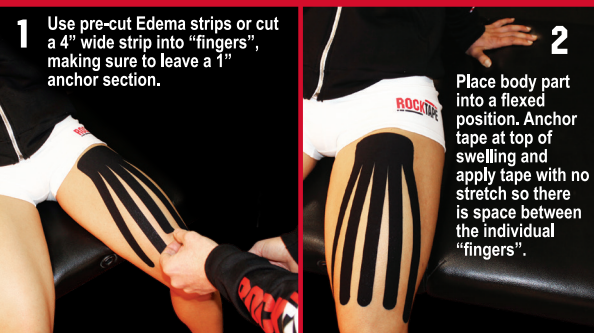
SHIN



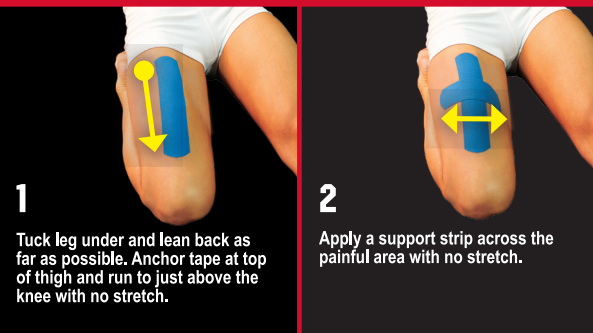
SHOULDER



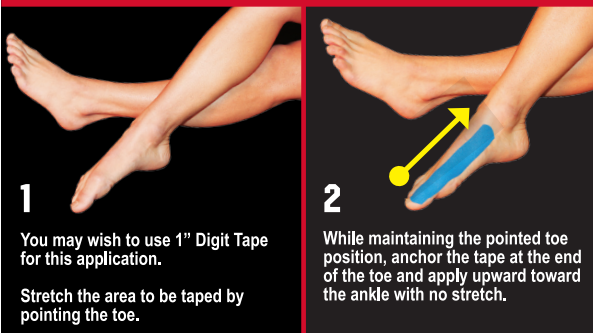
SWELLING - EDEMA



THIGH



TOE



WRIST

