ROCKTAPE
Go stronger, longer

endurance tape for athletes

Instructions

- Apply on clean, dry skin 10 minutes before exercise. Rub vigorously to set adhesive.
- Never stretch the ends of the tape, only the middle.
- Rocktape can be worn up to five days and is water resistant .
- Store tape in cool, dry place. Allow tape to come to room temperature before applying.

Sport taping applications

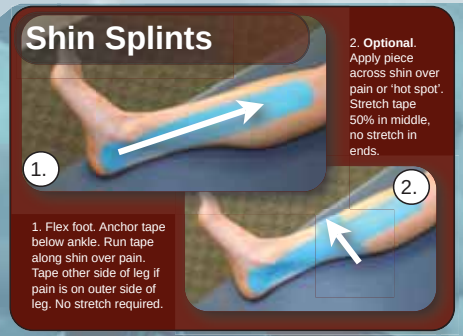
Watch online instructional videos at www.rocktape.com

Start Here

Anchor end - rip tape backing 2-3" from end of tape and remove backing. Anchor end to skin and rub vigorously. Apply tape to area indicated.

Middle stretch - rip tape in middle, peel backing and pull evenly on each end of tape. When applying, never stretch ends of the tape, only stretch the middle. Rub vigorously to set adhesive.

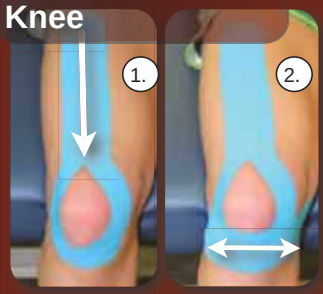
Shin Splints



1. Flex foot. Anchor tape below ankle. Run tape along shin over pain. Tape other side of leg if pain is on outer side of leg. No stretch required.

2. **Optional**. Apply piece across shin over pain or 'hot spot'. Stretch tape 50% in middle, no stretch in ends.

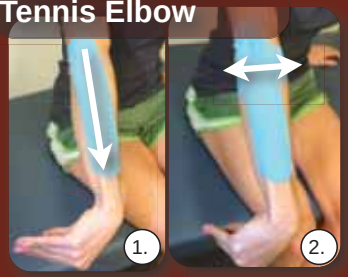
Knee



1. Place knee in 90º angle. Cut tape vertically 3-4" from end. Anchor tape at mid-thigh, run to knee, wrap around sides of knee. No stretch.

2. **Optional**. Apply piece across and below knee cap. Stretch tape 50% in middle, no stretch in ends.

Tennis Elbow



1. Extend arm, point hand down and rotate outward. Anchor tape above elbow and run to area above wrist. No stretch.

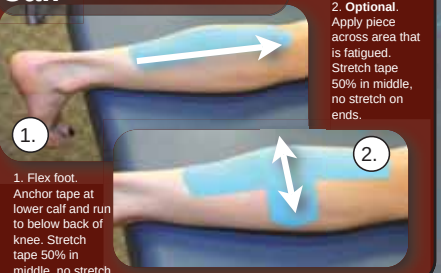
2. Apply piece on elbow over pain. Stretch tape 50% in middle, no stretch in ends.

Achilles Tendon

1. Flex foot. Anchor tape at mid arch. Run tape over AT and finish at top of calf. Relax foot and rub down.

2. **Optional**. Apply piece across AT. No stretch.

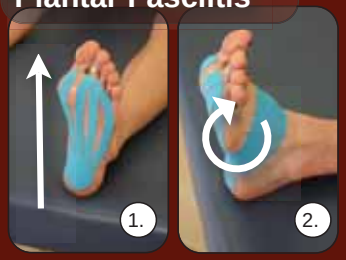
Calf



1. Flex foot. Anchor tape at lower calf and run to below back of knee. Stretch tape 50% in middle, no stretch

2. **Optional**. Apply piece across area that is fatigued. Stretch tape 50% in middle, no stretch on ends.

Plantar Fasciitis



1. Flex foot. Anchor tape to heel and run to ball of foot with no stretch. **Optional**: Cut tape into "fingers".

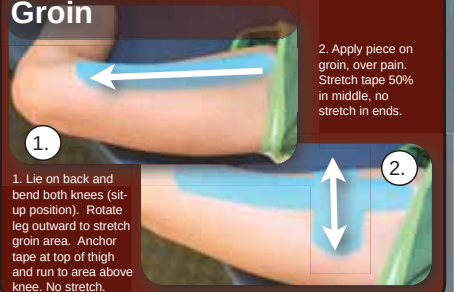
2. Anchor on top of foot and wrap tape from outside to inside to support arch. Use multiple pieces if needed.

Shoulder

1. Anchor tape from lower arm to top of shoulder with (optional) split and no stretch.

2. Apply tape on top of shoulder. Stretch tape 50% in middle, no stretch in ends.

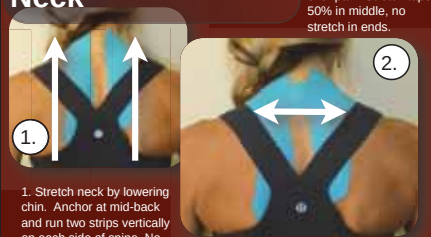
Groin



1. Lie on back and bend both knees (sit-up position). Rotate leg outward to stretch groin area. Anchor tape at top of thigh and run to area above knee. No stretch.

2. Apply piece on groin, over pain. Stretch tape 50% in middle, no stretch in ends.

Neck

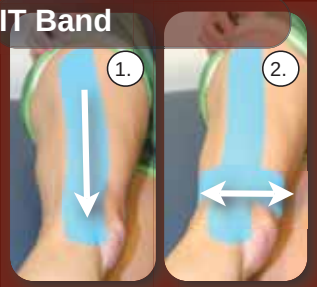


1. Stretch neck by lowering chin. Anchor at mid-back and run two strips vertically on each side of spine. No stretch.

2. Apply piece on neck over pain. Stretch tape 50% in middle, no stretch in ends.

Optional: apply longer piece in step 2 - finish with tape ends on top of each shoulder (swimming).

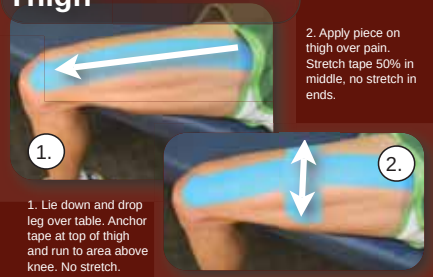
IT Band



1. Lie on side, extend leg. Anchor tape on side of leg at upper thigh and run to knee. No stretch.

2. Apply piece on side of knee, over pain. Stretch tape 50% in middle, no stretch in ends.

Thigh



1. Lie down and drop leg over table. Anchor tape at top of thigh and run to area above knee. No stretch.

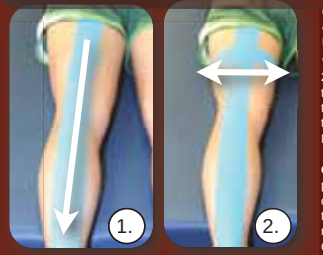
2. Apply piece on thigh over pain. Stretch tape 50% in middle, no stretch in ends.

Lower Back

1. Bend at waist, anchor at glute and run two strips vertically on each side of spine. No stretch.

2. Apply piece over pain in lower back. Stretch tape 50% in middle, no stretch in ends.

Sciatica/Ham String



1. Sciatica. Lie down. Anchor tape at top of thigh and run to area above ankle. No stretch.

2. Ham string. Touch toes. Anchor tape at top of thigh and run to area above knee. No stretch.

Optional: Apply piece on ham string over pain. Stretch tape 50% in middle, no stretch in ends. Combine with Lower Back.

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made for competition

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PowerTaping™ performance applications

More information about performance taping can be found in the Rocktape PowerTaping manual.

▶Taping movements, not muscles™

What is PowerTaping? PowerTaping is a new taping method that increases endurance by reducing fatigue in an athlete. The method is very simple and is divided into two parts: the interview and the application.

Interview: ask the athlete "during the last part of a race, when you're going all-out, what is the first area of your body to experience fatigue?"

Application: tape the body part that experiences fatigue and you'll increase the athlete's endurance and performance.

Cycling example: Answer to interview - "Slow on the jump." **Application**: tape kinetic chain associated with bursty output in legs (e.g. ham strings, lower back and quads.) See PowerTaping manual for more information.

Cycling

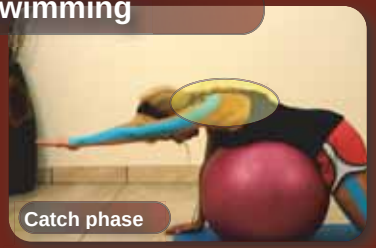
One of the first areas to experience fatigue in a TT position is in the neck (rhomboids, cervical.) The head-down position is the most aero but also reduces visibility. The cyclist must continually lift his head to see & steer which creates tremendous fatigue on short and long courses. Tape the neck to create longitudinal support which helps the cyclist more easily maintain the head-up position. This taping will also increase blood flow to the area which will reduce fatigue.

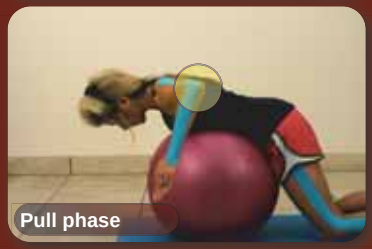
Wrists can become fatigued in both the aero and drop positions during the TT. Wrap the wrists to support these areas and increase blood flow.

Another key area to focus on when preparing for a TT is the lower back. When riding a TT, a cyclist will generate a tremendous amount of power and endurance from the fronts and backs of the leg. Since a majority of endurance comes from the back of the leg, the cyclist must use the lower back extensively to engage the back performance chain (BPC).

Fatigue in the lower back can introduce a complete failure of the back performance chain (BPC) and therefore should be protected at all costs. Taping the lower back with two vertical strips on either side of the spin along with a horizontal strip across the lower back ensures that the cyclist's lower back is well supported, muscle vibration is reduced and blood flow is increased.

Swimming





Swim stroke stresses the shoulder girdle, although the movement pattern affects the entire arm line in performing the action.

Common performance taping chains for Swimmers:

1. Performance Lateral Chain
2. Performance Functional Chain

Running

Running is a core activity in most sports. These taping techniques may be used for a wide variety of activities in which the foot makes contact with the ground.

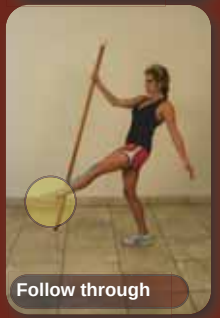
Activity/sport specific taping application is performed with the athlete in the position of dysfunction/ weakness (i.e., swing phase, mid stance, propulsion phase).

Any of the four performance chains can be applied to this protocol, depending on the movement assessment findings.

Note:

3-6G of force is transmitted to the body with each step in running, which is absorbed by the kinetic chain. The forces need to be buffered in order to limit fatigue and trauma to the system. By using the PowerTaping method to help buffer the vibrational forces, we can limit the adverse reactions of ground forces.

Kicking



The Approach

Assisting the approach leg in decelerating force (helps build energy into the wind up and contact phase of the kick - increases power output)

Contact Phase

Performance Front Chain protecting the knee during the contact phase of the kick.

Follow Through

Helps to accelerate through the kick, improving power of action.