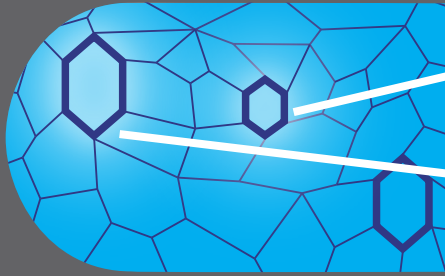


TheraBand® Kinesiology Tape eliminates misapplication – even for beginners – with our exclusive XactStretch™ Technology. XactStretch takes the guesswork out of tape application. Helping users get the right stretch, every time.

How XactStretch™ Works

All tape applications below use 0%, 25%, or 50% stretch regardless of color. Achieving specific stretches is easy!



XactStretch™ Indicator Guide

Small 0%  →  →  25% STRETCH

Stretch the small hexagon shape to form an equilateral hexagon for a 25% stretch.

Large 0%  →  →  50% STRETCH

Stretch the large hexagon shape to form an equilateral hexagon for a 50% stretch.

Before Application



Wash area to remove dirt, oil, creams or lotions.



Remove hair from application area.



Apply at least 60 minutes before exercising, showering or exposing to water.

Standard Taping Application Guidelines



Break paper through tape and peel away backing without touching the adhesive.



Always apply the last 1 – 2 inches of tape without any stretch. Do not overstretch tape.



After applying, rub the tape toward each end to further activate the adhesive.

Tape Removal



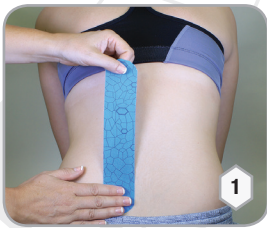
Remove tape slowly. Do not rip tape off skin!

Common Applications – Designed by Professionals

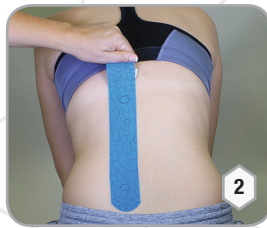
Lower Back Support

Needs: 2 Strips + Partner + Scissors

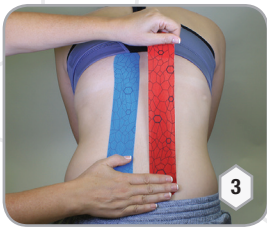
The tape strip should cover ribs to the hip. Cut to desired length if necessary.



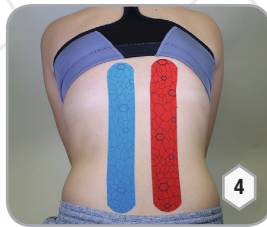
1. With 0% stretch, apply anchors over muscles next to the spine above the hip bone.



2. Bend forward. Apply 25% stretch and anchor tape.



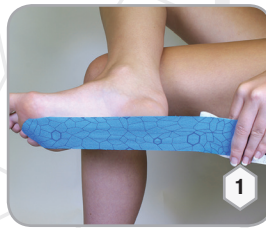
3. Apply 2nd strip the same way as the first strip.



4. Rub to activate adhesive.

Plantar Fasciitis Relief

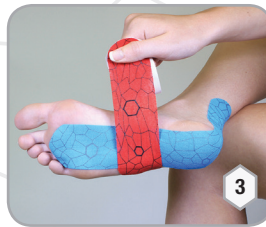
Needs: 2 Strips + Scissors



1. With 0% stretch, apply anchor to just behind toes. With foot flexed, apply 25% stretch.



2. Apply anchor with 0% stretch around base of heel and up achilles.



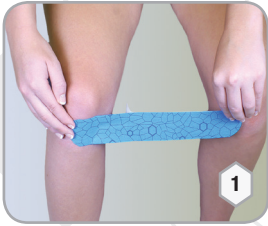
3. Cut second strip in half and round edges. Apply anchor with 0% stretch to outer edge of bottom of foot.



4. With 25% stretch, pull tape into arch and apply anchor on top of foot. Rub to activate adhesive.

Knee Support/Relief

Needs: 3 Strips + Scissors



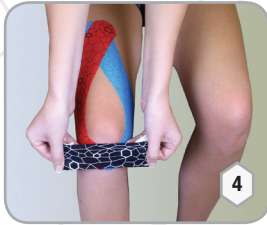
1. With 0% stretch, anchor base under knee cap. With 25% stretch, place around knee cap to inner/top thigh.



2. Apply anchor without stretch on inner thigh.



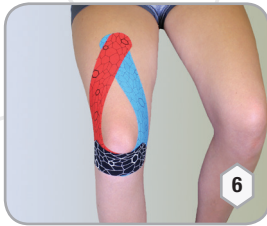
3. Apply second strip the same way as the first strip.



4. Cut third strip in half and round edges. Tear paper in center and apply below kneecap.



5. Apply center of third strip with 50% stretch.



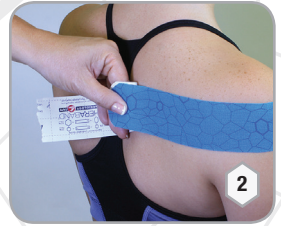
6. Anchor each end with 0% stretch. Rub to activate adhesive.

Shoulder Stability

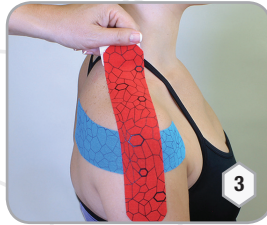
Needs: 3 Strips + Partner



1. With 0% stretch, apply anchor to front of shoulder.



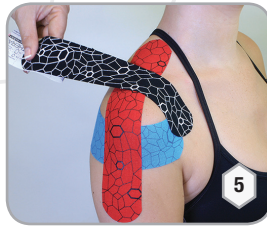
2. Retract shoulder and stretch tape 50% while holding other end. Anchor with 0% stretch over shoulder blade.



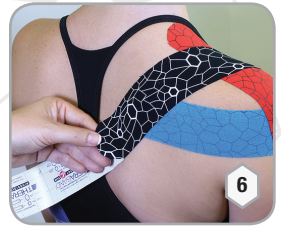
3. Slightly raise shoulder. Anchor second strip with 0% stretch to side of upper arm. Apply 25% stretch up and over shoulder.



4. Anchor with 0% stretch.



5. Apply 3rd strip on front of shoulder over collar bone with 0% stretch. Slightly raise shoulder and apply 25% stretch.



6. Apply anchor with 0% stretch over top of base of shoulder blade. Rub to activate adhesive.

Achilles Tendonitis Relief

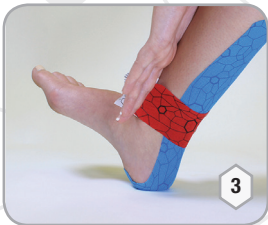
Needs: 2 Strips + Scissors



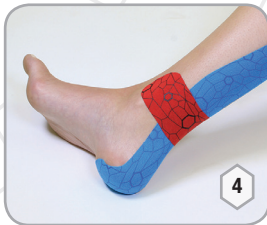
1. With 0% stretch, apply anchor to base of heel. With foot flexed, apply 25% stretch up the achilles.



2. Apply anchor with 0% stretch on lower portion of calf.



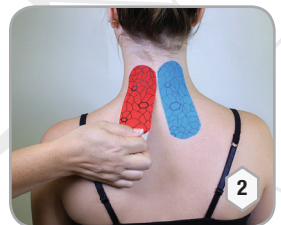
3. Cut second strip in half and round edges. Tear paper in center. With 25% stretch, apply middle of tape over achilles tendon pain.



4. Anchor ends of tape with 0% stretch. Rub to activate adhesive.



1. Cut first strip in half and round edges. Anchor with 0% stretch below hairline.



2. Apply 25% stretch and anchor at top of shoulder blade.



3. Repeat for second strip.



4. Cut third strip in half and round edges. Apply center of tape with 50% stretch over base of neck. Anchor ends with 0% tension.



CAUTION

Beware of skin irritation.

- Stop using the tape if your skin becomes irritated.
- Do not use on irritated skin.
- See a doctor if skin irritation continues



THERABAND®

THE RIGHT STRETCH. EVERY TIME.