W1Health

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KINESIOTAPE/ROCK TAPE/DYNAMIC TAPE INFORMATION LEAFLET

What is Kinesiotape/Rock tape/Dynamic tape?

Therapists commonly use taping/strapping techniques. It is the application of a sticky material to the skin according to the person's injury. There are many different types of tape that therapists use, it can either be rigid or flexible.

The above names tapes are a form of flexible taping. This means that the tape has elastic properties to it and, similar to your skin, it can stretch to about more than 120% of its original length.

How does it work?

It appears that these tapes may work in numerous ways:

1) It may provide sensory feedback to a muscle encouraging it to work.
2) It applies a stretch to the skin and underlying tissue to improve flexibility
3) It improves microcirculation to the area by increasing the space between the tissue and hence decreasing pain and optimising healing.
4) It offloads a damaged or irritated structure and may decrease pain.
5) It supports the relevant body part and may maintain stability/alignment

How long do I keep the tape on for?

On average, the tape can stay on between 5-7 days. This, of course, depends on the individual and the nature of your injury. Your Therapist will give you specific guidance if needs be.

The tape is hypoallergenic, but should be removed if any significant itching, blistering and reddening of the skin occurs.

The tape can remain on during showering and bathing. It can also be used when exercising, including swimming.

You may need to dry the tape with a hair dryer after getting it wet.

How do I remove the tape?

The tape may be removed in the shower and, if applicable, removed in the direction of hair growth.