# Benefits of Kinesiology Taping









Improves posture and movement patterns



For more information or to book a follow-up session, contact R J Parker Sports & Remedial Therapy.



East Devon Physiotherapy & Sports Injury Clinic, Sidford, EX10 9TJ



Kinesiology Taping Aftercare Guide

Thank you for choosing kinesiology taping as part of your treatment.

To ensure you get the maximum benefit, please follow these aftercare guidelines.

## What is Kinesiology Taping?

Kinesiology tape is a flexible, therapeutic tape designed to support muscles, joints, and ligaments while allowing full range of motion. It helps to reduce pain, improve circulation, and support recovery from injuries or strains.

#### **Immediate Aftercare**



wait 30mins before getting the tape wet



Rubbing or pulling at the edges may cause the tape to peel off sooner.

### When to Replace or Remove

Kinesiology tape lasts 3-5 days based on skin type and activity level.

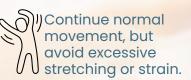
Replace if it begins to peel significantly or loses its effectiveness.

Remove immediately if you experience discomfort, irritation, or an allergic reaction.

### **Daily Care**



Tape is waterresistant; shower as usual but avoid scrubbing.



### **Removing the Tape**



Gently remove the tape by rolling it back on itself to reduce skin irritation.

Use baby oil, coconut oil, or a warm cloth to loosen stubborn tape before removal.





Wash the area gently after removal and apply moisturiser.



Skin Sensitivity
Check

If you experience irritation, redness, or itching, remove the tape immediately and wash the area with warm, soapy water.