

Benefits of Kinesiology Taping



Provides joint and muscle support



Reduces swelling and inflammation



Enhances circulation and lymphatic drainage



Supports injury recovery and pain relief



Improves posture and movement patterns



**R J Parker
Sports &
Remedial
Therapy**

Kinesiology Taping Aftercare Guide



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

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.

Daily Care



Tape is water-resistant; shower as usual but avoid scrubbing.



Continue normal movement, but avoid excessive stretching or strain.

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.

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.