

YOU'VE BEEN TAPED!

A helpful list of do's and don'ts
with your fresh tape.



ROCKTAPE
Go stronger, longer



ROCKTAPE ADVICE

DO'S

- Keep it dry for the 1st two hours of application
- Do everything you normally would even shower and swim! - no need to rest the area (unless you've been told to do so)
- Take it off, if it starts to irritate the skin
- Pat it dry rather than rub with a towel
- Trim the edges if it gets rough
- Leave it on for 2-4 days
- Gently remove - by pulling back on itself and holding the un taped area
- Use warm water and oil to help loosen tape

ROCKTAPE ADVICE

DON'TS

- Pick or play with it
- Try to rip it off quickly like a plaster!
- Ignore your Rocktape professional
- Excessively rub the area
- Ignore skin irritation
- Apply heat directly to the taped area
- Apply any linament or lotion to the taped area

CREATED BY:

Luke Collins

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