When applied properly, RockTape premium kinesiology tape:

- Relieves swelling
- Cues form

Infants/toddlers/ children too young to

communicate

- Delays fatigue
 - Normalizes muscle

RockTape is made of 97% cotton, 3% nylon and an acrylic adhesive similar to a standard BandAid™. It is 100% latex-free.

- Open wounds
- Skin lesions
- Adhesive alleraies

In some cases, mild/moderate skin reactions can occur. These include redness, itchiness, hives, swelling. Immediately remove tape if any skin reaction occurs and consult your primary care physician if symptoms are severe or do not improve within two days

START HERE



Cut tape to desired the corners. This keeps na and helps the tape





Anchor the tape with no stretch.

Apply the rest of the tape as outlined in the

IMPORTANT: FOLLOW THE NO STRETCH INSTRUCTIONS. STRETCHING THE TAPE MAY CAUSE DISCOMFORT, IRRITATION AND ITCHINESS ON APPLICATION SITES. IF THIS OCCURS, DISCONTINUE USE AND CONSULT A PHYSICIAN.

ACHILLES TENDON



calf. Relax foot and rub down.

Lying face down, flex foot. Anchor tape at mid-arch. Run tape over Achilles tendon and finish at top of



Tear tape in middle and peel release paper to expose tape. Step onto the tape and rub bottom of foot to activate adhesive.

Bring tape up and pattern, anchoring or either side of ankle with no stretch.

Optional: To create additional support, repeat the application, slightly overlapping the first application.

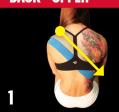
BACK - LOWER

Bend at waist. Anchor tape at top of glute and run strip vertically up the side of the spine with no stretch. Repeat with second piece of tape on other side of spine withno stretch.



2 Apply a support strip across the painful area with no stretch.

BACK - UPPER



Lean forward and slightly round back to stretch the area. Anchor tape just below left shoulder and ly downward and diagonally with no stretch across back toward



Maintain the stretched position and apply second strip from bottom of right shoulder downward and diagonally with no stretch across the back toward the waist.

CALF



Place the calf in a stretched position. Apply tape from just above ankle to the top of the calf with no stretch.







GROIN

ANKLE



2 Apply a support strip across the painful area with no stretch.

HAMSTRING



strip across the painful area with











NECK



cond strip from spine to other oulder with no stretch.



PLANTAR FASCIITIS





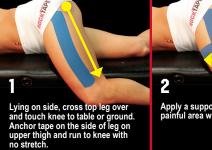
2 For arch support, anchor tape on top of foot and wrap from outside to inside with no stretch



RIB AREA



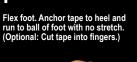
2 Apply a second strip running from the top of the rib area diagonally in the





Stretch neck by lowering chin onto chest. Anchor tape at mid-back on the spine and run strip to top of the shoulder with no stretch. Apply









SHIN



SHOULDER



SWELLING - EDEMA





THIGH









TOE









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WE'RE MORE THAN A TAPE COMPANY. WE ARE A MOVEMENT COMPANY.

CORRECTIVE EXERCISE

Used to normalize human movement before increasing training or exercise demands.

ROCKTAPE

Unique kinesiology/sports tape that supports while allowing full range of motion. It's used to decrease pain, decompress tissue, and provide stimulus that improves body awareness.

IASTM

Instrument-Assisted Soft Tissue Massage – A manual therapy technique designed to provide direct, mechanical manipulation of irregular tissue.

MORE HUMAN MOVEMENT IS OUR GOAL

Whether tending to crops or hunting our next meal, humans have lived on our feet. Unfortunately, as a modern society we are tending to move less and less, and as a result we're getting sicker and sicker.

With the advent of the desk job, smartphone, TV, and computer, we're sitting down more than ever before. It's estimated that Americans sit 9.3 hours a day, which is even more time than we spend sleeping (7.7 hours). Our bodies weren't built for that, and it's starting to take a toll.

Sitting six or more hours per day makes you up to 40% likelier to die within 15 years than someone who sits less than three hours per day.

Even if you exercise for one hour a day, your risk is still higher if you sit for long periods in the day.

At RockTape, we develop tools to help people move better. When people move better, they tend to move more.

TAPE & TOPICALS

Competition-grade kinesiology tape and powerful heat-based topicals.

RockTape • RockSauce • RockRub

RockTape comes in many different styles and sizes.

Check out our complete collection at RockTape.com



MOBILITY

Recover, relax and release with comprehensive rehab and mobility products.

Rock'N'Roller • RockBands RockBandRx • RockBalls



ROLLING/BALLS/BANDS

A collection of tools used by athletes for manipulation of the myofascial system to normalize muscle tone.

ASSESSMENT

SCREENING

The act of making a judgment about the quality of human movement.

ROCKTAPE WORKS

RockTape lifts skin away from underlying muscles and nerve endings to provide relief from pain. This unique lifting action also improves blood flow to muscles, which can help delay fatigue.

SKIN ASCIA Compressed pain receptors Compressed lymph vessel Compressed blood vessel

COMPRESSION & PAIN

ROCKTAPE SKIN FASCIA Decompressed poin receptors Decompressed lymph vessel Decompressed Decompressed Decompressed Decompressed Decompressed Decompressed Decompressed

DECOMPRESSION & PAIN RELIEF

Our **FM**

RockTape can be used to treat: Achilles Tendonitis • Plantar Fasciitis •
Jumpers Knee • ACL/MCL issues • Lower Back Pain • Groin and Hamstring
Pulls • Rotator Cuff • Shin Splints • Tennis & Golf Elbow
• Posture Issues • Pain Associated with Pregnancy

PROTECTIVE GEAR

Everything you need to protect yourself at the gym, obstacle race or beyond.

KneeCaps • RockWrist RockGuards • Talons



CUTTING EDGE EDUCATION

Our FMT and PMT courses present a revolutionary way of thinking about how we move and how we can stay injury-free. They integrate innovative mobility and stability strategies, along with a movement-based, practical kinesiology taping framework – to deliver results.

The RockTape Movement pyramid describes our hierarchy of corrective actions for human movement. **Learn more at RockTape.com/manifesto**

The act of examining people to decide if they are suitable for a particular movement

ROCKTAPE Go stronger, longer Shop online now at RockTape.com

