

NECK AND SHOULDER PAIN

3 strips of tape according to the body area

Initial position:

Stretch the neck by tilting the head forward and tucking the chin to your chest.



PAIN IN THE LOW BACK

2 strips of tape 10"

Initial position:

Lean forward to stretch the lower back.

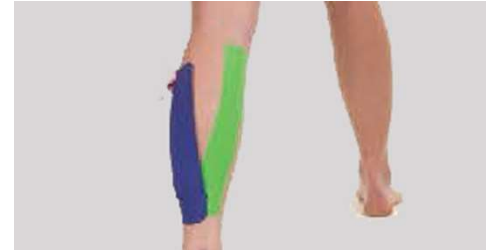


PAIN IN THE CALF

2-3 strips of tape 10"

Initial position:

Stretch the calf.



PAIN IN THE GLENOHUMERAL JOINT

2 strips of tape 10" 1 strip of tape 3"

1 strip of tape 4"

Initial position:

The person concerned is seated in an upright position. The arm is stretched out laterally along the trunk.



PAIN IN THE WRIST

1 strip of tape 10" black

2 strips of tape 6" black

1 strip of tape 7" 1" wide

Initial position:

The wrist and fingers are extended.



BUNION PAIN

2 strips of tape 10"

1 strip of tape 4"

1 strip of tape 4" cut in half

Initial position:

Place foot in neutral position.



PAIN IN THE KNEE JOINT

2 strips of tape 8"

2 strips of tape 10"

Initial position:

The person concerned is in the supine position, the knee joint to be taped is set to a bend of approx. 80°.



RIB PAIN

4 strips of tape 10"

Initial position:

Lift the arm over the head to stretch ribs.



ACHILLES TENDONITIS

2 strips of tape 10" 1 strip of tape 4"

1 strip of tape 4" cut in half

Initial position:

The person concerned is in the abdominal position. The knee and foot joints are positioned at an angle of 90°.



TENNIS ELBOW

2 strips of tape 10"

1 strip of tape 4"

1 strip of tape 4" cut in half

Initial position:

Bend elbow at 90° in front of body.



GENERAL SHOULDER PAIN

2 strips of tape 10"

Initial position:

Tilt the head away from the shoulder, looking down, and place arm around the front of the body.

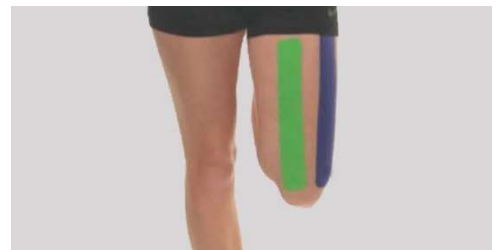


QUAD PAIN

2 strips of tape 10"

Initial position:

Stretch the quad.





JB Tape

Stay in the game

HOW IT WORKS

ELASTIC TAPING FOR PAIN AND FUNCTIONAL DISORDERS OF THE MUSCULOSKELETAL SYSTEM

This tape corresponds to the elasticity and weight of human skin. A lifting effect is achieved on the epidermis using an appropriate application technique. This creates more space in the subcutaneous tissue area, where many receptors and blood and lymph vessels lie. Different effects can be achieved by using different taping techniques. After tissue trauma, the skin tissue reacts with inflammation and localised swelling, thereby causing an increase in pressure on the surrounding tissue. This pressure increase disrupts the blood circulation and inhibits lymph drainage so that the pressure on the pain receptors increases.

APPLICATION

GENERAL TAPING

1. Identify muscle areas that are sensitive to pain or fatigued. For hard-to-reach areas of the body, it helps if another person applies the **Kinesiology Tape**.
2. Before applying the **Kinesiology Tape**, clean the skin with a degreasing agent (e.g. alcohol, surgical spirit).
3. The area of skin should be clean, dry, and free of grease to avoid the tape falling off too early. We recommend applying the tape to bare skin and removing the hair beforehand to increase the adhesive strength.
4. Determine the direction of the muscle fibres by touching or tensing the muscles to achieve optimum taping.
5. To prevent blisters, make sure there are no wrinkles in the tape or in the skin beneath.
6. Remove the protective backing from the anchor end, apply the latter to the muscle, and smooth it flat with your hand. The anchor of the Y-tape is applied usually with no stretch. As with the anchor, apply the end of the tape with no stretch. When using Y-tape, please use only one strip at first and then apply the second strip.
7. Depending on the indication, apply the tape with or without stretching and rub to activate the heat-sensitive adhesive layer. Please note: always stretch the tape from the anchor to the end of the tape or from the tape centre to the outside; never the other way around!
8. The warming effect (rub tape firmly or apply a warm towel) activates the acrylic adhesive. The structure of the tape means there is usually no hindrance to perspiration and moisture

PROPERTIES

KINESIOLOGY TAPE PROPERTIES

Kinesiology tape is a special kind of textile, woven to replicate human skin, and has the following properties:

- Stretch capability of up to 170%, similar to human skin
- Similar weight and thickness to human skin
- Ability to stretch in 2 directions, diagonally relative to the longitudinal axes
- Easy to cut
- Latex-free
- Permeable to air and moisture
- 100% acrylic adhesive coating, hypoallergenic
- Moisture resistant

transportation. Nevertheless, in certain cases, you may experience itching for a short period of 10–20 minutes. If this lasts longer than 30 minutes, the tape should be removed. To do this, it is advisable to remove the tape in the direction of hair growth, pulling the skin flat and removing the tape at a slight angle so that the skin is not lifted. It helps to stretch the skin behind the removed tape using your finger.

Tip: A gentle method is to soak the tape in an adhesive dissolving agent (Sterillium) for about 1–2 minutes and remove the tape slowly as described above.

9. The tape can be worn while swimming, bathing, and showering. Afterwards, dry the tape with a hair dryer on the lowest level. Avoid rubbing the tape dry—it could otherwise become loose.
10. Heat and pressure should be applied to the tape for approx. 20–30 minutes before sports activities (for approx. 50–70 seconds). Alternatively, an adhesive spray can be used.
11. Pregnant women should visit a doctor for advice on taping.
12. Do not expose the tape to direct sunlight or high temperatures.
13. Keep **Kinesiology Tape** out of reach of children.
14. When applying the tape, make sure it does not pinch the skin. Apply the tape gently!
15. Should **Kinesiology Tape** cause prolonged skin irritation in the form of itching, redness, or rash for over 30 minutes, the tape should be removed immediately in accordance with instructions. Contact a doctor if necessary.
16. Avoid taping fresh wounds, parts affected by thrombosis, and skin irregularities in the case of a propensity to skin allergies.
17. Do not use the tape in connection or reciprocally with other treatment methods (fango, massage therapies, electrical stimulation treatment).
18. Before applying, the skin must be clean and free of grease.
19. If you are unsure how to apply the tape correctly, you can contact a therapist for an initial professional therapeutic treatment.
20. It is advisable not to wear the tape for longer than 7–10 days, and then to remove it to protect the skin. After some time, you can apply the tape again. Any remaining adhesive residue must be removed.
21. In the event of acute injuries or complex symptoms, you should consult a doctor or physiotherapist regarding taping.

TECHNICAL DATA

Model Type: JB Tape Pre-cut
Material: 95% cotton, 5% spandex
Adhesive: Heinkel Medical adhesive



Kinesiology Tape complies with Directive 93/42/EEC

JB Tape
Kinesiology Tape

Distributed by: June Bugz Enterprises
A Division of Medenviro International, LLC
Newark, Delaware USA
Designed in USA
Made in China

22. **JB Tape** is available in a variety of colours. The technical characteristics of all colours of **JB Tape** are the same.
23. It is advisable to consume more liquids (water, apple juice) when taped.
24. Avoid clothing heat build-up (wool, cotton)!

PAIN IN THE ABDOMINAL

2 strips of tape 10"

Initial position:

Lean back to stretch abdominal muscles.



PAIN IN BICEP

1 strip of tape 10"

Initial position:

Stretch the bicep by holding arm out to the side.



FINGER JAM

1 strip of tape 8"

1 strip of tape 4"

Initial position:

Hold hand up with injured finger pointed up.

