



KINESIOLOGY TAPING INFORMATION AND PERMISSION FORM

Child's Name _____

Date _____

Therapist's Name _____

Kinesiology Taping is a treatment modality used by therapists to help provide support and input for your child to improve carry-over of therapeutic techniques after the session. The tape is therapeutic through use of elasticity in the tape. It is latex free and has an acrylic adhesive. It can be worn for 24 hours a day and can be wet. We usually recommend removal after 4-5 days with reapplication if needed.

We may be utilizing the kinesiology taping with your child for the following purpose(s):

- Provide sensory input and increase awareness of a muscle. This usually helps the child to recruit and strengthen that muscle more easily.
- To assist with body alignment to allow the muscles to contract and work in a better position
- To inhibit a muscle's over activity and help it relax so other muscles opposing that muscle can get stronger
- To decrease swelling and oedema for reduced pain.

Wear Guidelines and Schedule

- A test patch is applied first to check for skin irritation. Monitor it closely for the first 12-24 hours. If any irritation is noted (redness, itching, rash); remove it immediately. After 24-48 hours, you can remove the test patch.
- Therapeutic application after no reaction to test patch to help provide input as noted above. Watch for irritation and remove if needed. Tape can be left on until it falls off on its own. If it has been on more than 4-5 days or is over 50% off, it can be removed.

How to Remove Tape

- ✓ Loosen one end of the tape and begin slowly peeling the skin away from the tape as you press down on the skin. **DO NOT PULL THE TAPE OFF THE SKIN QUICKLY.** If tape is not removing easily, place a thin layer of baby oil, vegetable oil or tape remover produce over the tape and let it soak in for 15-20 minutes.
- ✓ After removal, use plenty of lotion to hydrate skin and relieve any irritation.

I understand and agree to follow the use and application/removal guidelines and give permission for the therapist to apply kinesiology tape for testing and therapeutic applications if there is no adverse reaction to the test patch.

Parent/Guardian Name

Parent/Guardian Signature