
KINESIOLOGY

TAPING

APPLICATIONS GUIDE





WARNINGS

The information and applications illustrated in this manual are only for educational purposes and are not to be considered medical guidelines. The applications described are only for healthy individuals 18 years and older.

Please, consult with your doctor before beginning to use the Kinesiology Tape or performing the applications described. In case of physical problems, illnesses, injuries or taking medicines, it is strictly necessary to obtain approval from your doctor for the use of the product and the execution of the tapes.

If your doctor recommends you to not use the product or the applications described in this guide, please follow the advice.

If you experience discomfort or pain while using the Kinesiology Tape, stop training immediately and consult with your doctor.

In some cases, may occur skin reactions such as: redness, itching, hives or swelling. When these symptoms occur, remove immediately the tape and stop to use it. If symptoms persist or do not improve within two days, consult your doctor.

Do not absolutely apply the tape in case of: skin irritations, ongoing infections, wounds or skin ulcers, acute muscle and tendon trauma, phlebitis, metastasis, acute thrombosis. The application of the product must be only and exclusively cutaneous through a patch. It is absolutely not recommended to use it on or near wounds and in the internal parts of the body.

The application of the tape is recommended only by specialist and certified personnel who have carried out specific courses.



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HELLO!

Thank you for choosing **KALAHARI 4 wellness**

With this e-book we want to offer you a guide on **KINESIOLOGICAL TAPING**, enabling you to use the tape in the best and conscious way!

We at **KALAHARI 4 wellness** wanted to create a quality product that allows you to relieve pain and provide you support, exactly when you need it. Whether you are a professional athlete or that you use it for rehabilitation or general physiotherapy.

Our tape is designed with the aim to be comfortable to use, light, adhering to the skin and for extended use even after several training sessions or in extreme conditions such as intense sweating, moisture, use in the pool or daily showers.

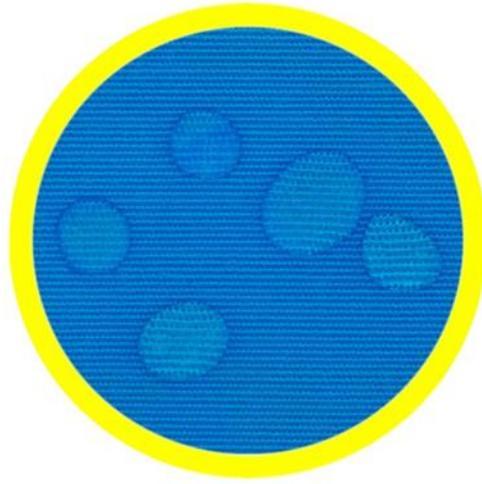
With this purpose, the **KALAHARI 4 wellness** tape has the following technical characteristics:

- **Material:**

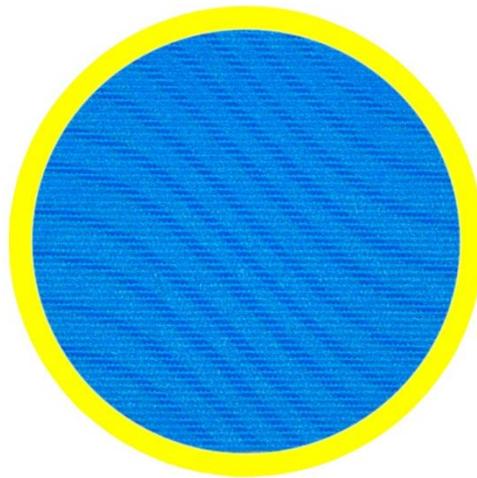
- 95% RAYON (ART SILK) + 5% SPANDEX**

unlike the normal cotton tapes, our tape is made of a high-quality technical material (Rayon – Artificial Silk) which gives it:

- **GREATER WATER AND SWEAT RESISTEANCE**, for better adhesion;
- **MORE SUPPORT TO MUSCLES AND JOINTS**, to maximize performance;
- **FASTER IN DRYING**, to avoid the feeling of heaviness and moisture on the skin;
- **LIGHTNESS**, to increase the feeling of comfort;
- **LESS FRICTION BETWEEN TAPE AND CLOTHES**, to improve wearability.



- **Acrylic adhesive, hypoallergenic and latex-free:**
suitable for sensitive skin and applied in a wavy way.
Allows transpiration of the skin and moisture management.



- **Thickness and elasticity that simulate the epidermis:**
It reproduces the behaviour of the skin and minimizes skin fatigue.
- **Colours: black, blue, pink, green.**
Each tape is the same as the other, the colour does not make any difference!

WHY USE IT?

The elastic taping made its first international appearance in 1988 at the Seoul Olympics Games, with volleyball athletes of the Japanese national team.

From that moment on, thanks to its benefits and the effectiveness of its method, its diffusion spreads all over the world, becoming nowadays a consolidated technique used by: physiotherapists, athletic trainers, physiatrists, masseurs, etc. with important results on patients, both in sports and in rehabilitation and recovery.

Compared to a traditional rigid bandage, the kinesiology tape adapts to the movement of the muscles, simulates the characteristics of the skin, allowing the wearer to move freely and be protected at the same time.

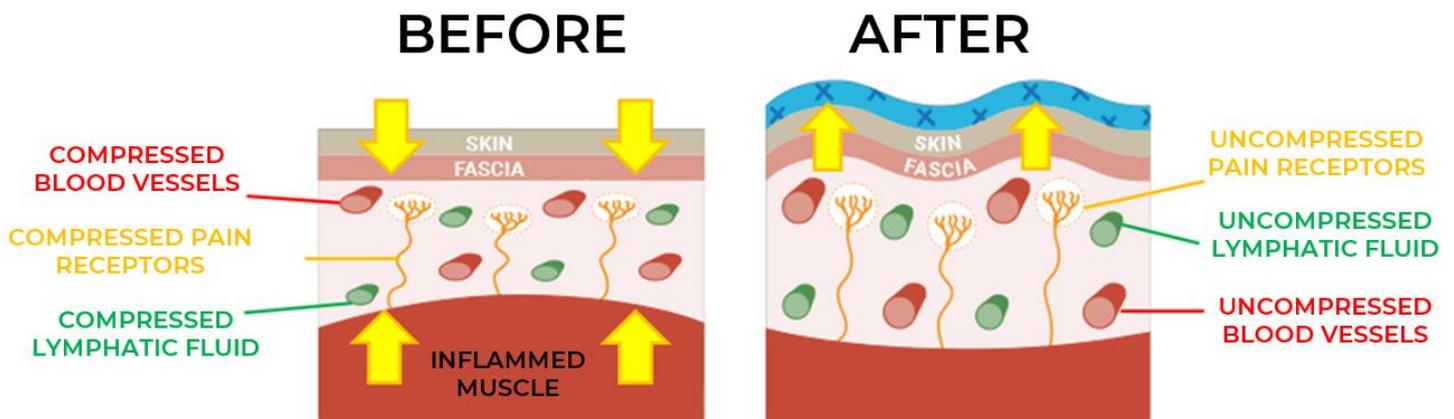
If applied correctly, the tape is able to provide the following benefits:

- **relieves pain and muscle discomfort**, enabling a better condition of physical well-being, by stimulating the sensory neurons of the skin;
- **prevents injuries**, reducing the risk of muscle over-extensions or over-contractions and facilitates the correct muscle tension by increasing or decreasing the extension;
- **increases lymph drainage and blood circulation**, allowing a rapid absorption of oedema and swelling;
- **provides support to muscles and joints**, facilitating muscle activity and assisting the joints during the correction and alignment phases, thus improving sports performance;
- **improves motion perception**, through better quality of elastic muscle action and range of motion (ROM).

HOW IT WORKS?

When a muscle is inflamed, contracted or rigid, the space between the skin and the muscle is compressed and it causes a constriction and congestion of the lymphatic flow and blood circulation. This compression exerts a pressure on the **sensory neurons**, located between skin and muscle, which in turn send pain and discomfort signals to the brain.

By applying the tape on the skin, the dermis is "lifted" slightly, creating a **ripple effect** that relieves the load on the pain receptors. In this way, the discomfort and muscle fatigue are reduced allowing a progressive restoration of motor functions. This allows you to recover more quickly from injury or after intensive workloads.



The kinesiology tape is also very useful in the treatment of oedemas, swellings or liquid spills, as the lifting of the skin allows to increase **lymphatic drainage** and **blood circulation**, avoiding the accumulation of interstitial fluids. For these problems, tape is usually applied to the skin, cut into a fan shape. In this way, the patch determines a series of convolutions of the skin, similar to small waves, which act on the lymphatic flow as drainage pumps, favouring reabsorption of the oedema or swelling and alleviating pain.

Besides that, the tape is able to perform a proprioceptive function, that is to protect tendons and ligaments, helping to keep joints in the correct position and increase the perception of stability on joint mechanics.

HOW DOES IT APPLY?

TAPE TENSION:

It is essential to exercise on the tape a correct level of tension (i.e. lengthening) which varies according to the effect and application we want to achieve:

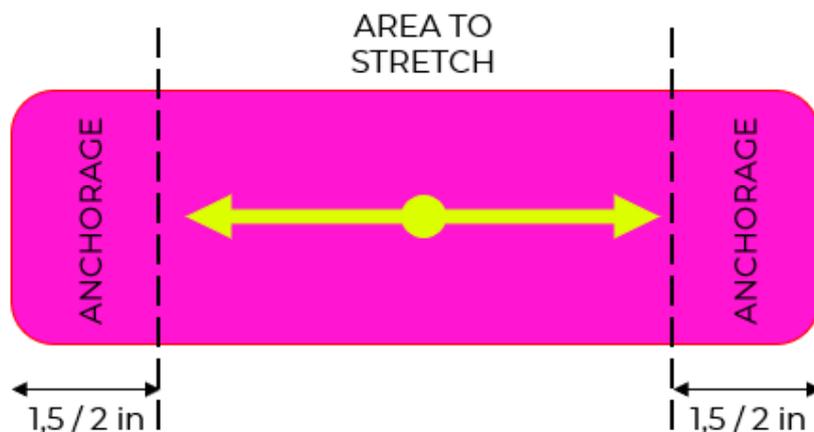
- **for draining or decompression applications:** apply the tape without tension, positioning the affected area of the body in elongation position;
- **for stabilizing or compressive applications:** apply the tape with moderate tension, approximately 50 to 90% or position the part to be treated in shortening and apply the tape without tension.

Warning: excessive tension can cause discomfort, irritation and itching!

You can stick the patch on the skin in two ways:

APPLICATION END TO END: apply the tape anchoring one end on the skin, without tension and taking care not to invade path of another muscle. The central part of the patch is stretched until it reaches the desired level of tension, taking into consideration the anatomy of the muscles and remaining as parallel as possible to the muscle fibres. Anchor the other end on the skin, without applying tension.

APPLICATION CENTER FIRST: the tape is removed from its film in the central part and this area is applied to the skin with the desired level of tension. Then the two ends are anchored without tension.



The tape must be cut equal to the length of the muscle concerned, plus a couple of inches (1.5 /2 in) necessary for the initial and final anchoring. There are several cutting techniques including:

“I” TAPE:

it is the most common application and it is used on extended muscle structures, such as lumbar muscles and quadriceps femoris.



“Y” TAPE:

it is used on parallel or multi-portion muscles, such as the muscles of the vastus medialis, lateralis, deltoid muscles, gastrocnemius, etc... To apply the patch on the skin, first anchor the base and then stretch the two branches of the tape appropriately.



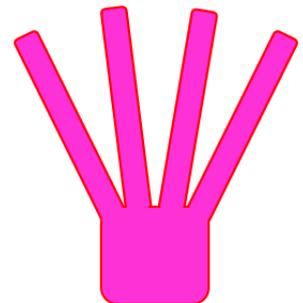
“X” TAPE:

it is usually used to stabilize and support muscles that extend from one joint to another, such as forearm muscles by applying tape from the elbow to the wrist. To apply the patch on the skin, first anchor the central part on the interested area and then stretch, one at a time, the four branches of the tape.



“W” TAPE:

it is mainly used for applications with a draining effect to reduce oedemas, inflammatory processes or hematomas. To apply the patch on the skin, first anchor the uncut end on the lymph node that you want to drain, then stretch one branch at a time outward and in the direction that you want to drain.



SOME TIPS...

Before showing you the main applications of kinesiology taping, we want to offer you some important tips that allow you to use the tape optimally, maximizing the benefits and avoiding problems or discomfort.

BEFORE TAPING:

- ✓ make sure that the skin is clean, dry and there is no presence of oils or creams. If the skin is not clean, the tape does not adhere properly and tend to peel off in the short term. Also make sure that the hands, with which you apply the tape are clean and dry;
- ✓ round the edges of the tape with scissors before removing the protective paper. This avoids that the corners of the tape tend to rise and rub on clothes and consequently detach from the skin;
- ✓ in case of excessive body hair, it is advisable to shave the application area of the tape;
- ✓ apply the tape at least 30 minutes before physical activity or a shower. This allow the patch to adhere properly on the skin;
- ✓ rub the tape with your hands once applied. The heat generated activate the glue ensuring maximum adhesion.

AFTER TAPING:

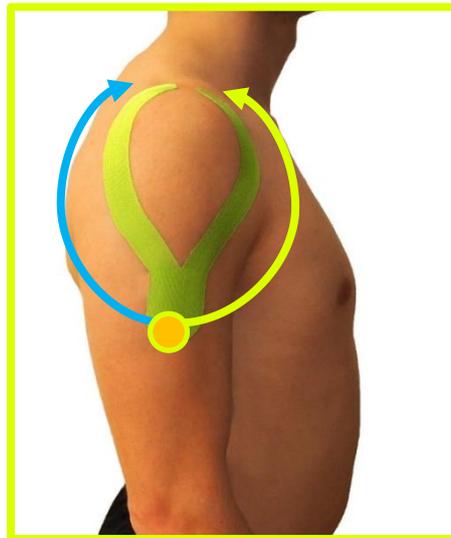
- ✓ pay attention when removing the tape, in order to avoid cuts, bruises or even bleeding;
- ✓ remove the tape very slowly using warm water or mild soap;
- ✓ follow the direction of hair growth to remove the tape;
- ✓ before carrying out a further treatment on the same area, wait 2 days to allow the skin to rest and not suffer from pathologies.

1) SHOULDER:

REQUIRED MATERIAL: "Y" tape.

EXECUTION: with partner.

Application used in post-traumatic and inflammation diseases. Taping decreases the effort of the joint and improves the biomechanics of the shoulder, reducing inflammation and the sensation of pain.



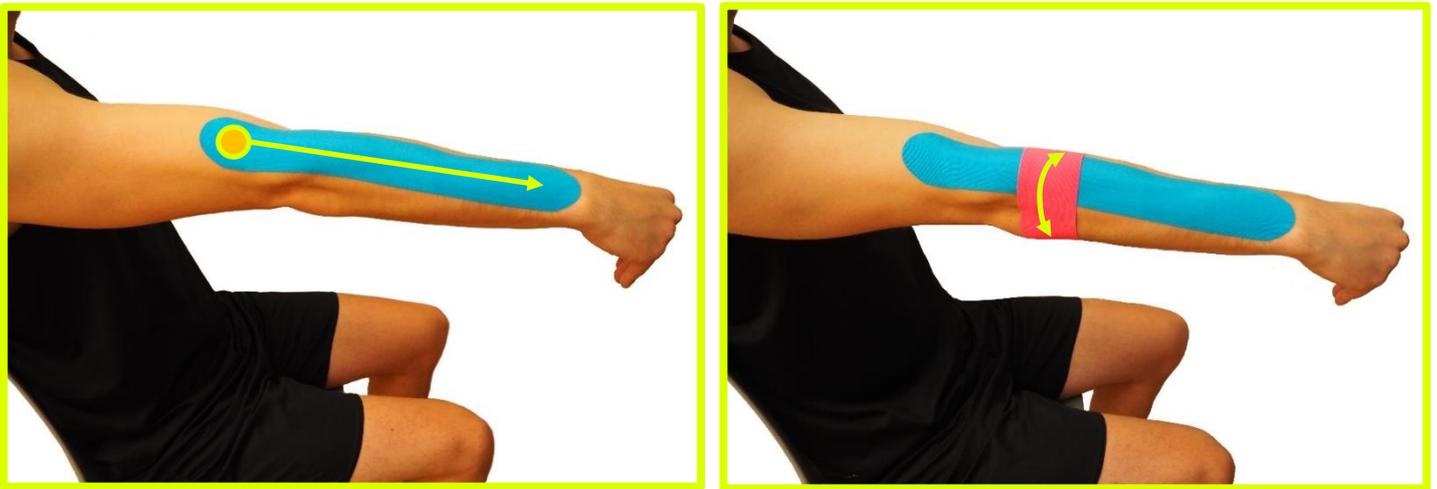
- 1) From standing, bring the affected arm behind your back;
- 2) Apply the base of the "Y" tape anchoring it on the **deltoid**;
- 3) Make adhere the front branch of the "Y" around the **frontal part of the shoulder**, curving around it, until the upper part.
Exert a slight tension on the tape;
- 4) Grab the opposite shoulder with the hand of the affected arm;
- 5) Make adhere the second branch of the "Y" around the **back of the shoulder**, curving around it, until the upper part.
Exert a slight tension on the tape;
- 6) Rub the tape with your hands after applying each strip.
The heat generated activates the glue, ensuring maximum adhesion.

2) ELBOW:

REQUIRED MATERIAL: "I" tape, 1 long and 1 short.

EXECUTION: with or without partner.

Application suitable for tendon inflammations such as the **tennis elbow**. Taping provides stability and support in the elbow area by facilitating movements, reducing inflammation and the sensation of pain.



- 1) Sitting down, stretch your arm and bend the wrist turning the fingers of the hand downwards;
- 2) Apply the tape starting from just **above the elbow** to the **wrist**, with a slight tension;
- 3) Add a horizontal strip just below the **elbow** on the painful area, with moderate tension;
- 4) Rub the tape with your hands after applying each strip. The heat generated activates the glue, ensuring maximum adhesion.

3) WRIST:

REQUIRED MATERIAL: "I" tape, 1 long and 1 short.

EXECUTION: with or without partner.

Application used in post-traumatic and inflammation diseases. It is particularly suitable for **carpal tunnel syndrome**. Taping provides stability and support in the wrist area by facilitating movements, reducing inflammation and the sensation of pain.



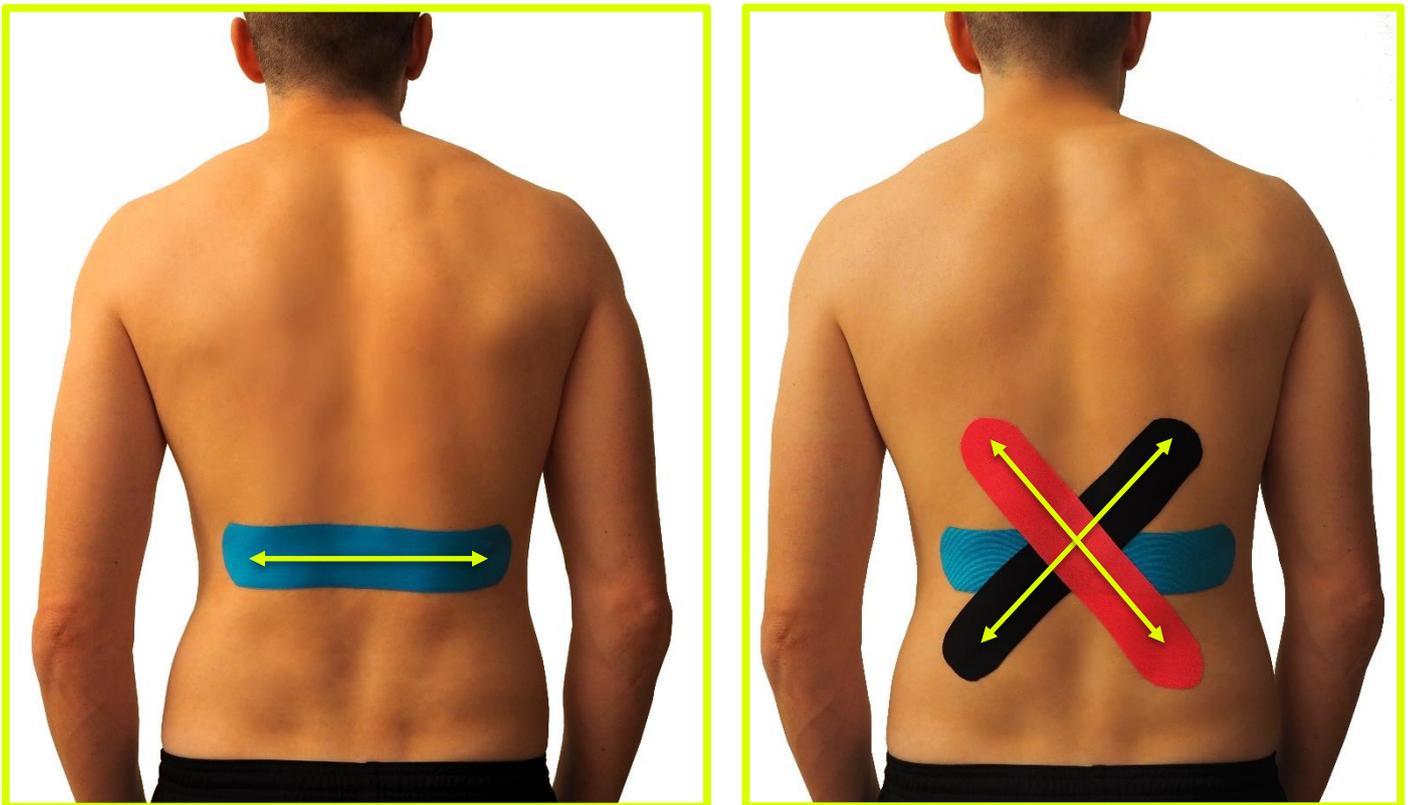
- 1) Sitting down, stretch your arm and bend the wrist turning the fingers of the hand downwards;
- 2) Apply the tape starting from the **upper part of the hand** up to the **elbow**, with a slight tension;
- 3) Add a horizontal strip, just above the **wrist** on the painful area, with moderate tension;
- 4) Rub the tape with your hands after applying each strip. The heat generated activates the glue, ensuring maximum adhesion.

4) BACK:

REQUIRED MATERIAL: "I" tape, 3 longs.

EXECUTION: with partner.

Application used for muscle contractures, musculoskeletal pain and back pain. Taping provides stability and support, preventing back pain and overloads from gym or work.



1) From standing, place your hands on the knees and bend the torso forward by about 45°;

2) Apply the tape horizontally on the painful spot in the back, with a slight tension;

3) Apply other two strips of tape, so as to form a cross exactly on the painful area;

4) Rub the tape with your hands after applying each strip. The heat generated activates the glue, ensuring maximum adhesion.



5) CERVICAL:

REQUIRED MATERIAL: "Y" tape, "I" tape short.

EXECUTION: with partner.

Application used to relieve neck pain and **cervicalgia** symptoms. Taping provides stability and support, allows you to relax the muscles, increase circulation and reduce pressure on the most sensitive myofascial points.



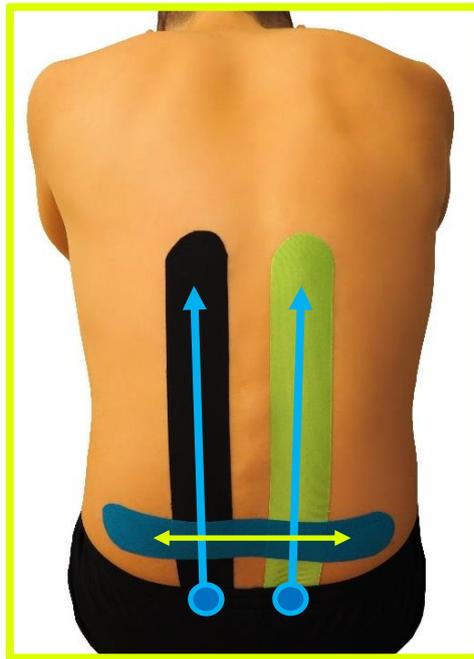
- 1) Tilt your head forward trying to touch the base of the neck with your chin;
- 2) Anchor the base of the "Y" tape on the **spine**, at the height of the shoulder blades;
- 3) Make adhere the two branches of the "Y" along the sides of the neck up to about 0.5in from the hairline, pulling them one at a time with a slight tension;
- 4) Add a horizontal strip on the painful area, with moderate tension;
- 5) Rub the tape with your hands after applying each strip. The heat generated activates the glue, ensuring maximum adhesion.

6) LUMBAR AREA:

REQUIRED MATERIAL: "I" tape, 2 longs and 1 short.

EXECUTION: with partner.

Application used for pain in the lumbar area. Taping reduces pressure on the associated musculature, manipulating the fascia and increasing circulation in the affected area for a decrease in the sensation of pain.



- 1) From standing, place your hands on your knees and bend the torso forward by about 45°;
- 2) Apply the tape vertically from just above the gluteus to about half of the back, following the spine. Exert a slight tension on the tape;
- 3) Apply a second tape vertically on the other side of the back, from just above the gluteus to about half of the back, following the spine. Exert a slight tension on the tape;
- 4) Add a horizontal strip on the painful area, with moderate tension.
- 5) Rub the tape with your hands after applying each strip. The heat generated activates the glue, ensuring maximum adhesion.

7) KNEE/PATELLA:

REQUIRED MATERIAL: "Y" tape 2, "I" tape short.
EXECUTION: with or without partner.

Application used for knee aches or **patellar tendinitis**. Taping provides knee support by balancing the action of the muscles, improves range of motion and relieves pain and pressure on inflamed tendons.



- 1) Lie down on the floor and bend your leg about 45°;
- 2) Apply the base of the "Y" tape, anchoring it on the **tibia** just below the patella. Make adhere the branches of the "Y" around the **patella**, curving around it. Exert a slight tension on the tape;
- 3) Apply the base of the second "Y" tape, anchoring it on the **thigh muscle** just above the patella. Make adhere the branches of the "Y" around the **patella**, curving around it and overlap them on the first strip. Exerts a slight tension on the tape;
- 4) Add a horizontal strip on the painful area, with moderate tension;
- 5) Rub the tape with your hands after applying each strip.
The heat generated activates the glue, ensuring maximum adhesion.

8) QUADRICEPS:

REQUIRED MATERIAL: "I" tape, 1 long and 1 short.

EXECUTION: with or without partner.

Application used in case of injuries such as muscle strains, inflammation or contractures. Taping speeds up the recovery process and relieves pain, relaxing the muscle and increasing circulation.



- 1) Kneel down to fully stretch your thigh muscles;
- 2) Apply the tape starting from just **below the groin** up to just **above the knee**, with a slight tension;
- 3) Add a horizontal strip on the painful area, with moderate tension;
- 4) Rub the tape with your hands after applying each strip.
The heat generated activates the glue, ensuring maximum adhesion.

9) CALF:

REQUIRED MATERIAL: "I" tape, 1 long and 1 short.

EXECUTION: with or without partner.

Application used in case of injuries such as muscle strains, inflammation or contractures. Taping speeds up the recovery process and relieves pain, relaxing the muscle and increasing circulation.



1) Lie on your stomach and flex the foot or lie on your back and bend the leg about 45°;

2) Apply the tape starting from just **above the ankle** up to the **upper part of the calf**, with a slight tension;

3) Add a horizontal strip on the painful area, with moderate tension;

4) Rub the tape with your hands after applying each strip.

The heat generated activates the glue, ensuring maximum adhesion.

10) TIBIA:

REQUIRED MATERIAL: "I" tape, 1 long and 2 shorts.

EXECUTION: with or without partner.

Application used in case of injuries such as muscle strains, inflammation or contractures. Taping speeds up the recovery process and relieves pain, relaxing the muscle and increasing circulation.



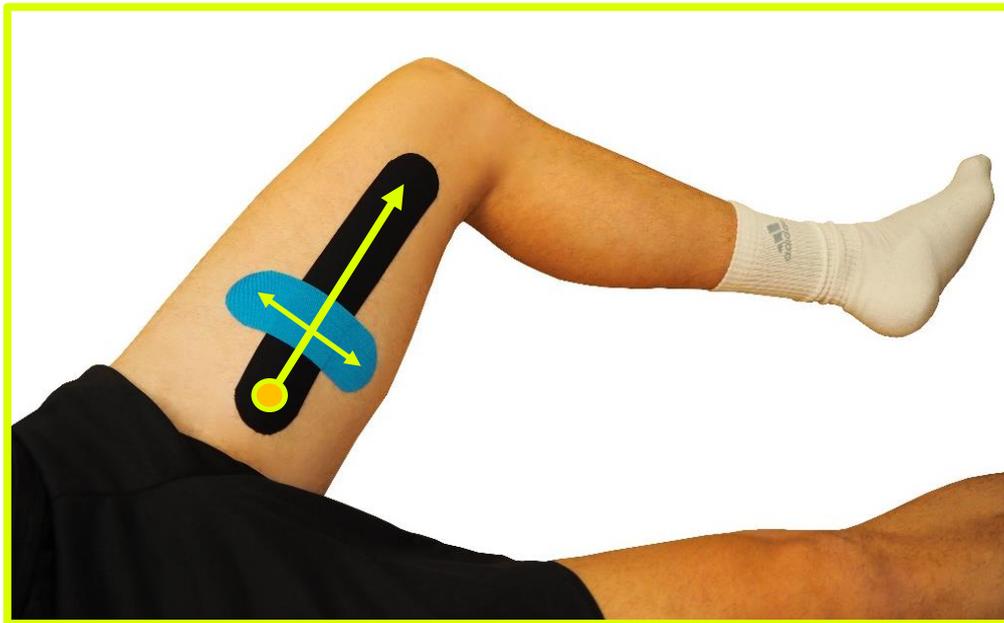
- 1) Lie on your back or sitting down, bend your leg about 45°;
- 2) Apply the tape starting from just above the ankle up to just below the knee, with a slight tension;
- 3) Add a horizontal strip on the painful area, with moderate tension;
- 4) If necessary, add an additional strip on the painful area;
- 5) Rub the tape with your hands after applying each strip.
The heat generated activates the glue, ensuring maximum adhesion.

11) GROIN:

REQUIRED MATERIAL: "I" tape, 1 long and 1 short.

EXECUTION: with or without partner.

Application used in case of injuries such as muscle strains, inflammation or contractures. Taping speeds up the recovery process and relieves pain, relaxing the muscle and increasing circulation.



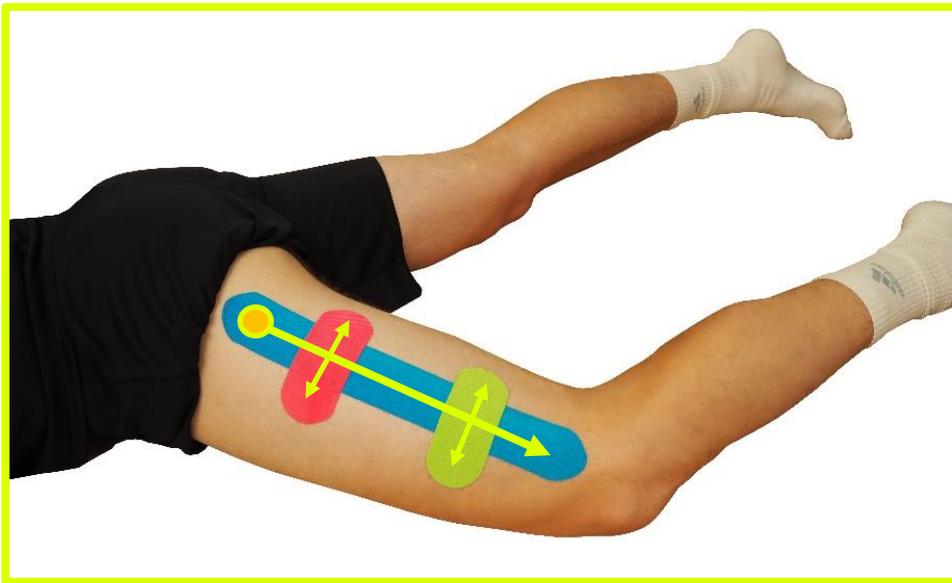
- 1) Lie on your back and open your leg about 45°;
- 2) Apply the tape starting from the **upper part of the inner thigh** up to just **above the knee**, with a slight tension;
- 3) Add a horizontal strip on the painful area, with moderate tension;
- 4) Rub the tape with your hands after applying each strip.
The heat generated activates the glue, ensuring maximum adhesion.

12) IT BAND:

REQUIRED MATERIAL: "I" tape, 1 long and 2 shorts.

EXECUTION: with or without partner.

Application used in case of injuries such as muscle strains, inflammation or contractures. Taping speeds up the recovery process and relieves pain, relaxing the muscle and increasing circulation.



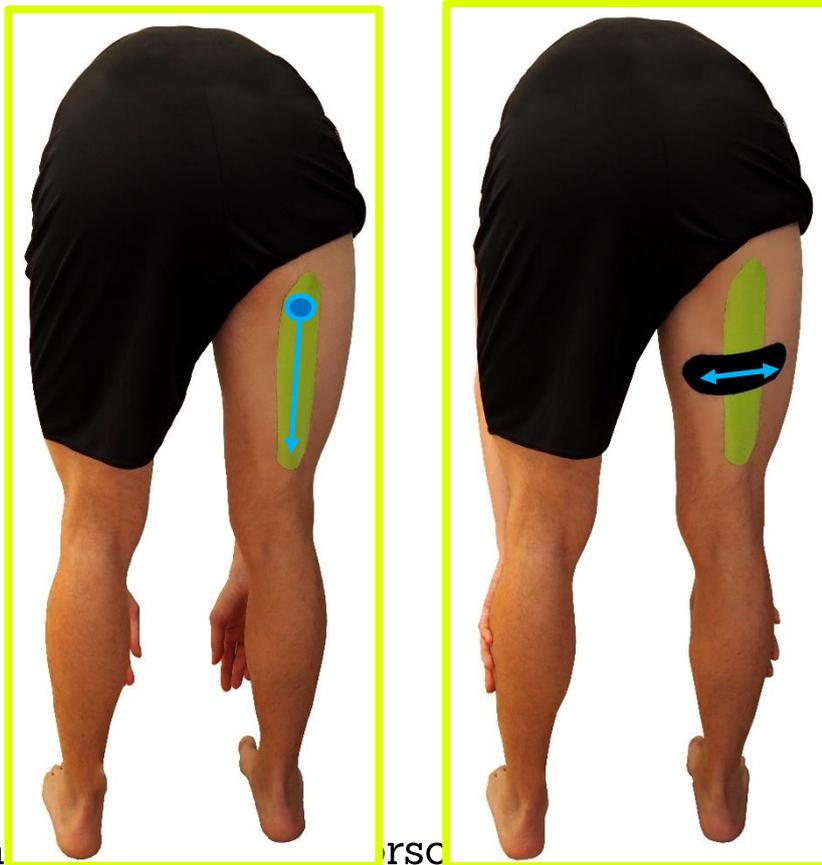
- 1) Lie on your side and bend the knee to touch the floor with it;
- 2) Apply the tape starting from the **upper part of the thigh** up to just above the knee, with a slight tension;
- 3) Add a horizontal strip on the painful area, with moderate tension;
- 4) If necessary, add an additional strip on the painful area;
- 5) Rub the tape with your hands after applying each strip. The heat generated activates the glue, ensuring maximum adhesion.

13) HAMSTRINGS:

REQUIRED MATERIAL: "I" tape, 1 long and 1 short.

EXECUTION: with partner.

Application used in case of injuries such as muscle strains, inflammation or contractures. Taping speeds up the recovery process and relieves pain, relaxing the muscle and increasing circulation.



1) From standing, with the hands on the tip of your feet, keeping your knees tense;

2) Apply the tape starting from just **below the gluteus** up to just **above the knee**, with a slight tension;

3) Add a horizontal strip on the painful area, with moderate tension;

4) Rub the tape with your hands after applying each strip.

The heat generated activates the glue, ensuring maximum adhesion.

14) ACHILLES TENDON:

REQUIRED MATERIAL: "I" tape, 1 long and 2 shorts.

EXECUTION: with or without partner.

Application used in post-traumatic and inflammatory diseases. It is particularly suitable for tendinopathy or inflammation of the **Achilles tendon**, a pathology very common among runners. Taping provides stability and support, reducing inflammation and pain.



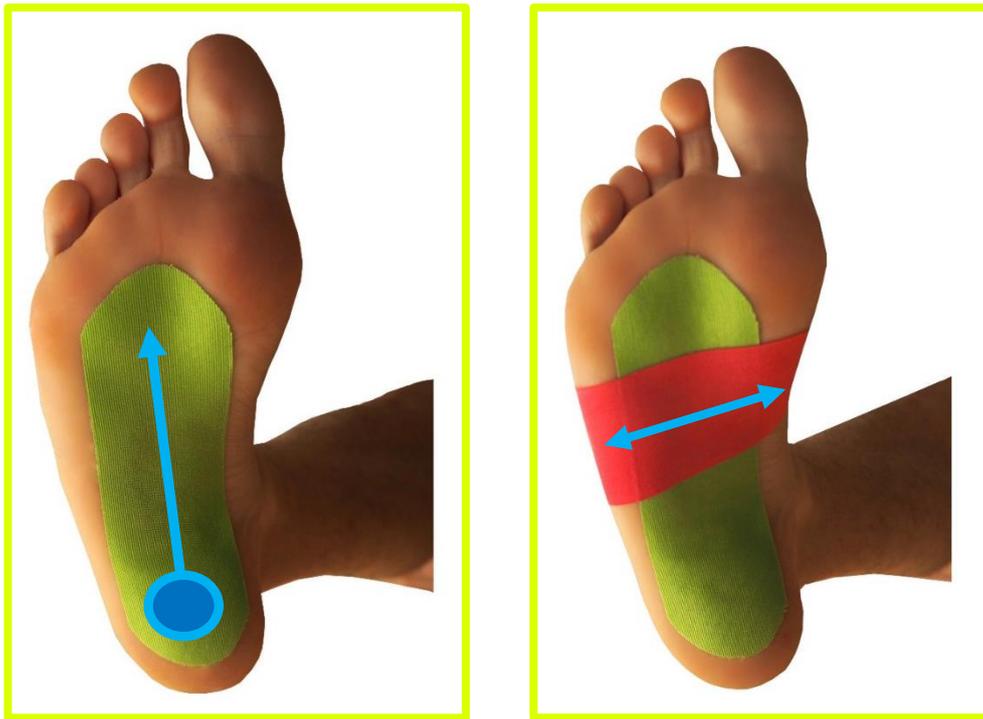
- 1) Lie on your stomach and flex the foot or sit on a chair and rest the ankle on the knee of the opposite leg;
- 2) Apply the tape starting from the middle of the plantar arch up to the upper part of the calf, passing through the **Achilles tendon**. Exert a slight tension on the tape;
- 3) Add a horizontal strip on the painful area, with moderate tension;
- 4) If necessary, add an additional strip on the painful area;
- 5) Rub the tape with your hands after applying each strip. The heat generated activates the glue, ensuring maximum adhesion.

15) PLANTAR FASCIITIS:

REQUIRED MATERIAL: "I" or "W" tape, 1 long and 1 short.

EXECUTION: with or without partner.

Application used to treat painful symptoms involving the **plantar fascia**. Taping provides stability and support to the plantar arch, relaxing the foot, reducing inflammation and relieving pain.



- 1) Lie on your back and bend the knee or sit down and rest your ankle on the knee of the opposite leg;
- 2) Apply the tape starting from the **heel** to the **base of the toes**, with a slight tension. It is also possible to use the "W" tape to obtain greater drainage;
- 3) Add a horizontal strip on the painful area, with moderate tension;
- 4) Rub the tape with your hands after applying each strip. The heat generated activates the glue, ensuring maximum adhesion.

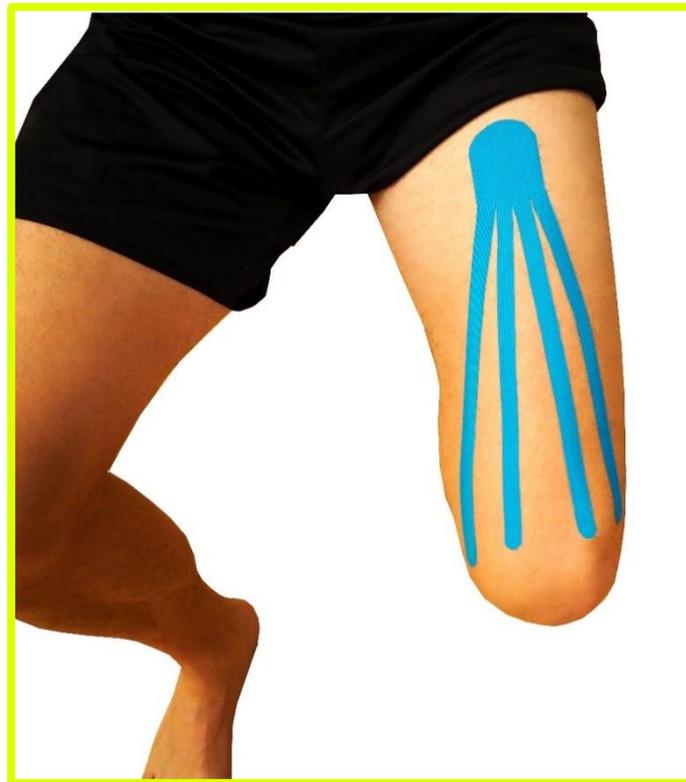
16) DRAINAGE:

REQUIRED MATERIAL: "W" tape.

EXECUTION: with or without partner.

Application used for oedema, swelling or liquid spills.

Taping exerts a decompressive action that promotes lymphatic drainage and blood circulation, allowing rapid reabsorption of oedema and swelling.



- 1) Position yourself so that the area affected by the application is in tension;
- 2) Apply the base of the "W" tape, anchoring it approximately 1.5in from the lymph node that you want to drain;
- 3) Make adhere the "W" branches to the oedema / swelling in the direction you want to drain, leaving adequate space between them. **Not** exert tension on the tape;
- 4) If necessary, it is possible to add another "W" strip on the painful area, in a transverse direction to the first.



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