



Kinesio taping

Information for patients

What is kinesio taping?

Kinesio taping is a treatment approach using kinesiology tape (also known as K-tape or sports tape).

The tape is applied directly to the skin to treat musculoskeletal injuries and conditions (for example tendonitis or swelling).



Why use kinesio taping?

K-tape can help:

- muscle activation (it can stimulate certain muscles to work again and help with any imbalance you have)
- prevent injury
- manage swelling, scars, and pain.



Your therapist will explain how taping can help your particular condition.

How do I apply the Kinesiology tape?

- Your therapist will show you how to apply the tape and recommend how long you should wear the tape for.
- You may find it helpful to take a photograph or video of the tape application, to help you apply the tape correctly at home.
- You will be given some spare tape by your therapist. Once this has been used, and if you find the tape helpful and you have had no adverse reactions, your therapist will tell you where you can buy more tape. Please speak to your therapist if you have any questions about this.



Remember

- Always make sure your skin is clean and dry before applying the tape; this allows it to stick better to your skin.
- You may want to shave any hair in the area where the tape is applied; this will help the tape to stick and also make it easier to remove.
- Round off the edges of the tape to prevent it catching; this will help to keep the tape on for longer.
- Gently rub the top surface of the tape to warm up the glue; this will help it to stick to the skin better.
- Check your skin regularly for any signs of allergic reaction to the adhesive. Symptoms include redness around the tape and itchy skin under the tape.
- Do not over stretch the tape, as this can cause irritation to your skin.
- Do not wear tape for more than **five days** at a time without removing it to check the condition of your skin.

Can I get the tape wet?

Yes. It is fine to shower, have a bath, and swim. However this may mean that the tape does not stay on as long, so you may need to change it more regularly.

How do I remove the tape?

- Remove the tape in the direction of your hair growth.
- There are two different ways to remove the kinesiology tape - by removing the tape from the skin or removing the skin from the tape.
 - Roll the tape off using the base of your hand; or
 - Pull the skin gently from the tape with your fingers.

Kinesiology tape may be removed while soaked in water. Soap, hand lotion, or oil can be used to help with the removal.

What if I have a bad reaction to the tape?

Be careful, some people may have a skin reaction to this tape. If this happens to you, remove the tape immediately and speak to your therapist or doctor if you have any concerns.

Further information

If you have any further questions, do not hesitate to ask your therapist.

This leaflet has been produced with and for patients

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Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

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