

Professor M. A. Imam
MD, D.SportMed, PhD, FRCS (Tr and Orth)
Subspecialist in Upper limb and Complex trauma reconstruction
Tel: 020 3384 5588
info@thearmdoc.co.uk
www.thearmdoc.co.uk

Kinesiotape Application

Hand Therapy Department

Kinesiotape:

You have been provided this sheet as your therapist has tried kinesiotape with you in your therapy sessions and it has been found to relieve your symptoms.

Kinesiotape works by lifting the skin as the tape recoils after being applied with some tension. The lift in the tape takes compression off structures under the surface of the skin and allows lymphatic flow. This can help with pain, inflammation and swelling.

You can purchase the tape from various places. Medical supply companies we use are 'Promedics' and 'Performance Health' however we do not endorse a particular brand or supplier and it is quite easy to find online and some pharmacies also sell it.

Before Application:

- Ensure your skin is clean and dry
- Remove hair if possible
- Avoid touching the adhesive on the tape
- Move affected joint through range of movement
- Do not apply if you have had any significant changes to symptoms (you may need to be reviewed)

Advised Application:

Start	Direction	Stretch	Finish	Extras

Helpful Tips:

- Rub tape to create friction and activate the adhesive
- Do not overstretch tape
- Anchors are important and are areas of no stretch at the beginning and end of the tape applied

Patient Information

Wear and Care:

- Generally the tape will stay on for 3-5 days
- It is waterproof but it is advised that you avoid soaking
- Do not use a hair dryer to dry the tape, allow it to dry naturally
- If the tape starts to lift, **carefully** trim the edges or tape down with medical tape
- Remove the tape early if any increase pain or irritation

To remove:

- Avoid pulling the tape off quickly
- Use soapy water or something oily such as baby oil to assist the tape to lift
- You can stretch the tape to encourage it to lift off the skin

Additional Advice: