



**PERFORMANCE SERIES®**

**FAR INFRARED  
KINESIOLOGY TAPE**

Flexible & moves with you

OFFICIAL MEDICAL SUPPLIER FOR

**IRONMAN®**  
U.S. SERIES

***IF YOU ARE NOT ABLE TO EXACTLY FOLLOW THE TAPING INSTRUCTIONS, PLEASE TAPE OVER AREA OF DISCOMFORT.***

### ***PREPARATION FOR TAPING APPLICATIONS***

- ***Apply 60 Minutes Prior to Activity***
- Clean skin area of oils, dirt and lotion.
- Trim any excess hair to allow better adhesion.
- Use the paper backing to determine the length of tape needed, then round the corners.
- Tear the tape backing at the ends or in the middle depending on taping technique.
- As described in specific instructions, tape is applied with each body part in a specific position or posture.
- All tape ends should be applied with no tension.
- After applying the tape, rub firmly to adhere.

### ***CURAD® TAPE USAGE***

- Can wear for multiple days.
- Can wear in any condition or environment.
- Water and sweat resistant.
- Trim off the edges & corners where lifting occurs.

## ***TAPE REMOVAL INSTRUCTIONS***

- Gently peel the tape from the skin.
- Do not reuse tape once worn.
- Use baby oil for any remaining adhesive.
- New tape can now be applied once area is cleaned.

### ***PRECAUTIONS FOR USAGE***

**DO NOT USE:** On a wound surface, open wound, skin damage or ulceration, infection, rash or skin allergy, or if pregnant.

**APPEARANCE:** CURAD® Tape surface should be clean, not stained, no mildew, no holes, no unglued point and no glue penetrating at back.

**DISCONTINUE USE:** If product causes itching, irritation, rash, redness, or other discomfort; severe symptoms should go to hospital.

**NOTE:** CURAD® Tape is not intended to replace professional medical treatment. Consult your medical professional prior to using this product.

## ***SHOULDER***

Use one strip of tape from the front of the shoulder around to the back of the shoulder.



(1)  
With the arm resting slightly forward and rotated slightly inward on the thigh, place one end on the front of the shoulder; apply 25% tension along the middle of the tape toward the back of the shoulder.



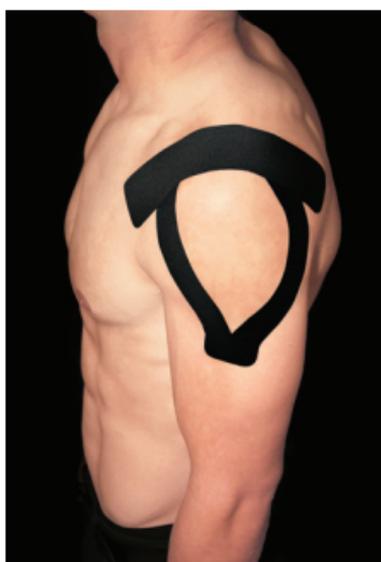
(2)  
Use a second strip of tape from the front of the shoulder to the back of the shoulder over the top. Apply 25% tension across the top edge of the shoulder in a neutral posture.

## **ROTATOR CUFF**

Use one strip of tape from the mid-upper arm to the top of the shoulder. Cut the tape vertically into 2 strips leaving a base at the end.



(1)  
Place that end on the mid-upper arm applying 25% tension to each strip in a semicircular placement with the arm slightly forward for the posterior strip and slightly backwards for the anterior strip.



(2)  
Use a second strip of tape from the front of the shoulder to the back of the shoulder over the top. With the shoulder blade positioned slightly retracted and the shoulder depressed downward. Apply 50% tension across the top edge of the shoulder.

## ***WRIST/ARM***

Use one strip of tape from the wrist to just below the elbow crease.



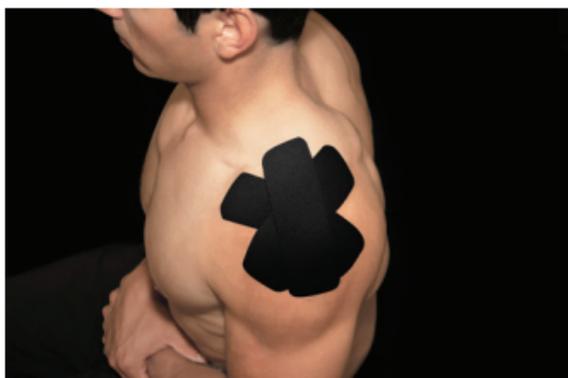
- (1)  
With the arm extended, palm up, and the wrist extended downward, place one end at the base of the hand; apply 25% tension along the middle of the tape towards the elbow crease.



- (2)  
Cut a second strip approximately halfway. With the wrist in a neutral position; apply 25% tension or no tension across the wrist.

## ***SHOULDER***

Cut one strip in half. Apply 25% tension directly over the painful area while in a neutral posture. Add 2 more strips using the same technique in the shape of an (\*) asterisk, overlapping each other in the middle.



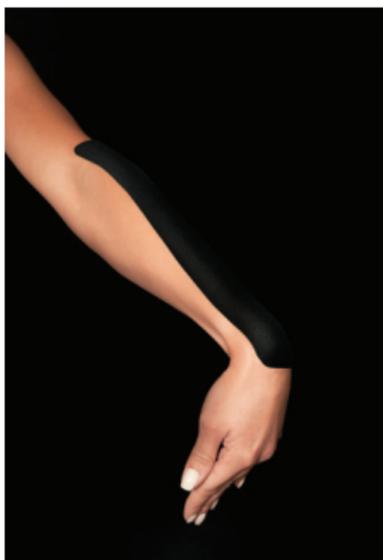
## ***HIP***

Cut one strip in half. Lying on the unaffected side, cross the painful thigh over the bottom leg with the hip and knee slightly bent. Apply directly over the painful area. Add 2 more strips using the same technique in the shape of an asterisk, overlapping each other in the middle.



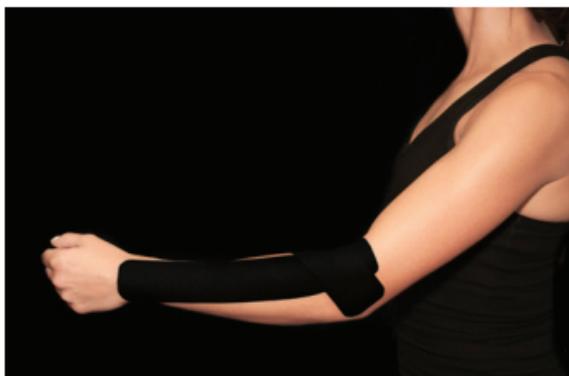
## ***ELBOW***

Use one strip of tape from slightly below the top of the wrist to the elbow.



(1)  
With the arm extended, palm down, and the wrist flexed downward, place one end slightly below the wrist; apply 25% tension along the middle of the tape towards the lateral elbow, over the painful area.

(2)  
Cut a second strip approximately halfway. With a slightly bent elbow, apply 25% tension across the painful area with no tension on the ends below the elbow crease. (The strip will be slightly diagonal.)



## ***ELBOW***

Use one strip of tape from the base of the palm to the elbow.



- (1)  
With the arm extended, palm up, and the wrist extended downward, place one end at the base of the palm; apply 25% tension along the middle of the tape towards the medial elbow, over the painful area.



- (2)  
Cut a second strip approximately halway. With a slightly bent elbow, apply 25% tension across the painful area with no tension on the ends below the elbow crease. (The strip will be slightly diagonal.)

## **NECK**

Use one strip of tape from the edge of the shoulder towards the base of the neck. Use a second strip of the same length.

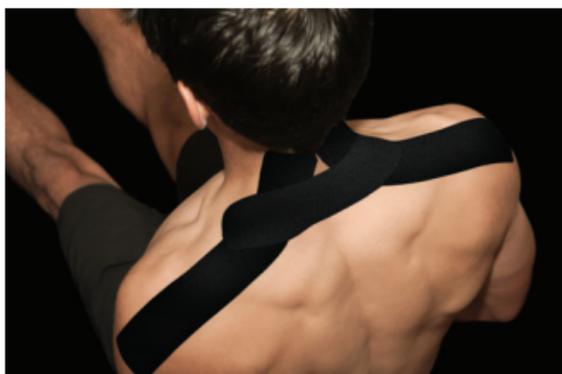
(1)

With the neck in side bending away from the tape application area; place one end off the edge of the shoulder, then apply 25% tension along the middle of the tape contouring the upper trapezius muscle towards the hairline. Repeat the same technique on the opposite side.



(2)

Use a third strip to place across the painful area. Apply 25% tension across the painful area while the head is in a neutral posture.



## ***KNEE***



Cut a strip of tape in half. With the knee straight, apply 50% tension across the patella tendon right below the knee cap. Bend the knee fully prior to applying no tension on the ends.

Cut a strip of tape in half. With the knee slightly bent; apply 50% tension across the outer side of the knee cap, rounding the tape above and below the knee cap with the same tension in the shape of a "C". Bend the knee fully prior to applying no tension on the ends.



## ***INNER THIGH TO KNEE***



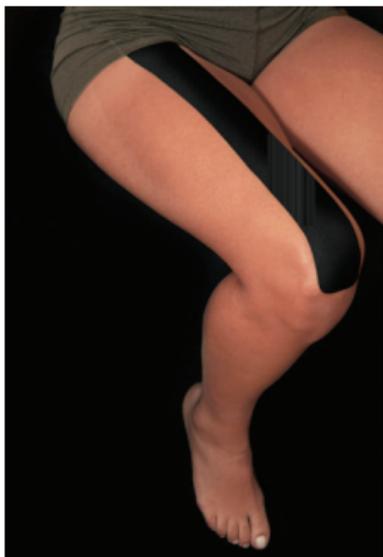
Use one strip of tape from the bony prominence below knee cap to slightly below the inner mid-thigh.

With the knee slightly bent while standing, place one end just medial to the bony prominence slightly below knee cap and towards the medial knee; apply 50% tension along the middle of the tape across

the medial knee joint with no tension up to the middle lower thigh.

## **QUADRICEPS**

Use one strip of tape from the top of the knee cap to the upper thigh.



(1)  
With the knee bent as much as possible comfortably, place one end just above the knee cap; apply 25% tension along the middle of the tape towards the upper thigh.

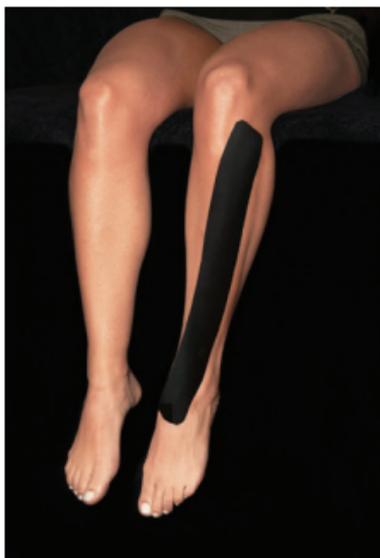


(2)  
cut a second strip in half and apply 25% tension or no tension across the painful area.

## **SHIN**

Estimate how many strips are required from just above the front of the ankle to just below the knee.

(1)



With the knee bent, position the ankle flexed downward, place one end just below the front of the ankle; apply 25% tension along the middle of the tape over the shin muscle lateral to the bone to just below the outside of the knee.

(2)



Cut a second strip approximately halfway. Apply 25% tension or no tension across the painful area.

## **LEG**

Estimate how many strips are required from the outside of the knee to the top of the outer thigh.

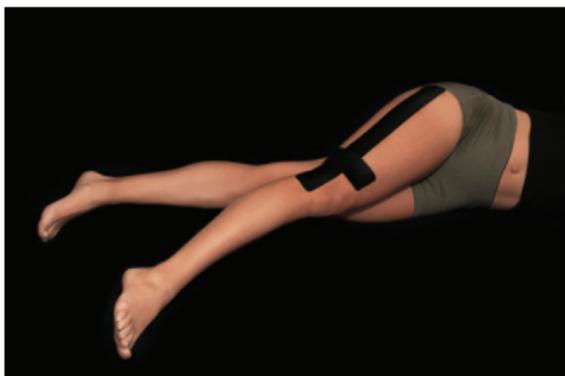
(1)

Lying on the unaffected side, cross the painful leg over the bottom leg with the hip slightly bent and the knee straight. Place one end on the outside of the knee; apply 25% tension along the middle of the tape towards the top of the thigh.



(2)

Cut a second strip in half; apply 25% tension or no tension across the painful area.



## ***HAMSTRING***

Use one strip of tape from just above the back of the knee to back of the upper thigh.

(1)

With the hip and knee straight, place one end just above the knee; apply 25% tension along the middle of the tape towards the buttock.



(2)

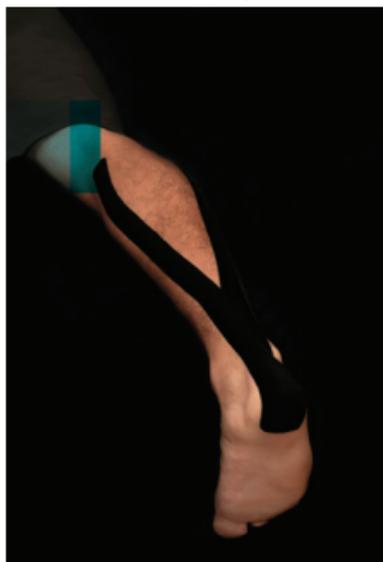
Cut a second strip approximately halfway; apply 25% tension or no tension across the painful area.



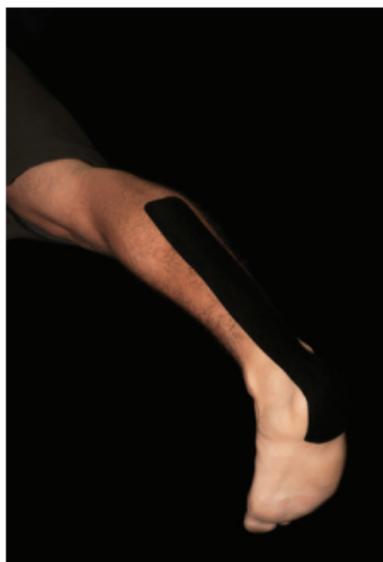
## **CALF**

Estimate how many strips are required from the back of the heel to just below the back of the knee. Cut the tape vertically in the shape of a “Y”.

With the knee straight and ankle flexed, place the base



of the “Y” with no tension from the base of the heel along the Achilles tendon; apply 25% tension on one of the strips over the lateral calf muscle. Repeat this technique for the remaining strip along the medial calf muscle.



Estimate how many strips are required from the bottom of the heel to the mid-calf muscle. With the knee straight and ankle flexed, place one end on the bottom heel; apply 50% tension along the length of the tendon, no tension for the remaining tape along the calf muscle.

## ***ANKLE***

Estimate how many strips are required from the just below the inner ankle around the bottom of the heel to above the outer side of the ankle.

(1)

With the ankle in a neutral position, place one end from just below the inner ankle; apply 50% tension from the bottom of the heel across the outer side of the ankle.



(2)

Cut a second strip approximately halfway. In the same neutral ankle position; apply 25% tension in a diagonal direction over the painful area.



## ***FEET***

Use one strip from the base of the heel to just below the ball of the foot. Cut that tape vertically in the shape of a “V”.



(1)  
With the foot flexed, place the base of the “V” with no tension over the heel; apply 50% tension on one strip along the medial arch of the foot. Repeat the same technique for the remaining strip along the lateral aspect of the foot.



(2)  
Cut a second strip approximately in half. With the foot and ankle in a neutral position, place one end on the outside of the middle foot; apply 50% tension along the bottom of the foot across the medial arch.

## ***LOWER BACK***

Use two strips from the top of the buttocks to the lower rib cage. Cut a second strip of the same length.

(1)

With a slight forward bend at the waist, supported by the arms, place one end with at the top of the buttocks; apply 25% tension along the middle of the tape vertically up one side of the spine. Repeat the same technique on the opposite side of the spine.



(2)

Estimate length of a third strip to place across the bottom lower back. In the same body position; apply 50% tension across the painful area of the lower back.





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Trusted by hospitals  
for over 50 years.

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