

DESIGNED TO HELP INCREASE THE NATURAL BLOOD FLOW AROUND YOUR MUSCLES, USL PREMIUM KINESIOLOGY TAPE FEATURES A REVOLUTIONARY WAVE PATTERN ADHESIVE THAT MOVES WITH YOUR SKIN AND MUSCLES AS YOU HEAL. APPLY IT TO THE SKIN IN PATTERNS THAT MIMIC YOUR MUSCLES.



# KINESIOLOGY TAPE

PREMIUM INSTRUCTION LEAFLET



## QUAD



1. Lay on back with leg off table with knee bent
2. Apply tape with no tension to front of hip
3. Stretch tape 50% of its available stretch down the Quad to just above the knee
4. Then with bent knee, put foot up onto bed, and apply tails without tension around knee cap
5. Rub tape to activate adhesive

## SHOULDER



1. Split tape, so that one end has two tails
2. Apply tape, with no stretch to outer shoulder
3. Stretch front tail of tape 25% of its available stretch
4. Apply along front of shoulder by positioning the arm out and up level with the shoulder
5. End with no tension on tape at collarbone
6. Stretch back tail of tape 25% of its available stretch
7. Apply along back of shoulder with the arm crossed over the chest
8. End with no tension on tape
9. Rub tape to activate adhesive

## HAMSTRING



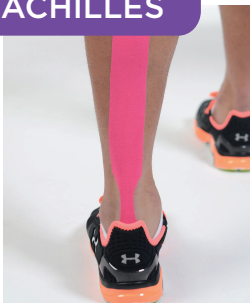
1. Split lower 1/4 of tape, so there are two tails
2. While standing, stretch your calf
3. Apply tape with no tension to the back of the leg, beneath buttock crease
4. Bending further forward into a hamstring stretch, stretch tape 50% of its available stretch down the back of the leg to just above the knee
5. Stretch either tail of tape 25% of its available stretch down and around knee
6. End tape with no tension at either side of the knee
7. Rub tape to activate adhesive

## TENNIS ELBOW



1. Bend wrist down and rotate away from body with elbow straight
2. Apply with no stretch on back side of wrist
3. Stretch tape 25% of its available stretch and apply along forearm
4. End at outer elbow with no tension on tape
5. Rub tape to activate adhesive

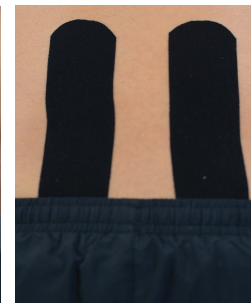
## ACHILLES



1. Stretch Achilles
2. Apply tape underneath heel with no tension
3. Stretch tape 75% of its available stretch and apply to Achilles
4. Place tape over calf belly with minimal to no tension
5. Rub tape to activate adhesive

\*\* Can cut two half moons on either side of tape at the bottom of the tendon to reduce tape wrinkles

## BACK



1. Bend forward and rotate to the right
2. Apply strip of tape to left side of back, starting at the bottom, with no tension
3. Remaining forward, rotate to the left
4. Apply strip of tape to right side of back, starting at the bottom, with no tension
5. Rub tape to activate adhesive