

Kinesiotape Information Sheet

As part of your treatment Kinesiotape has been applied to your body to aid your recovery and rehabilitation process. Please read this sheet IN FULL and ask your Physiotherapist if you have any questions.



Kinesiotape can be applied for a number of reasons including;

1. Reducing the activity of muscles. (When one or more muscles are overactive or working too hard.)
2. Increasing the activity of muscles. (When one or more muscles are underactive or weak.)
3. Reducing pain
4. Reducing swelling/bruising/inflammation

If you are unsure why Kinesiotape has been applied to your body please ask your Physiotherapist, but please do not adjust how you operate in your daily life whilst wearing it unless instructed to do so.

With care the tape that has been applied should last between 3-5 days.

If the edges do start to peel slightly they can be re-attached using micro-pore tape available from most chemists.

The tape can withstand bathing/showers but please dry by gently dabbing with a towel, or allow the tape to dry on its own after washing. DO NOT be tempted to dry with a hair dryer as the tape is heat sensitive and will stick too firmly to your skin.

The tape is hypo allergenic and reactions to it are very rare. However should your skin become red or itchy please remove the tape carefully. If you are at all concerned by any skin reaction please seek medical advice.

Tape Removal

As you remove the tape try to gently peel back the edges and try to roll the tape as you remove it. Where hairs are present try to roll with the hairs rather than against them. There may be some slight skin redness after you remove the tape which is quite normal and is likely to quickly settle.

Application and Cost

Currently Kinesiotape is expensive and as such Advance Physiotherapy is unable to absorb all the costs associated with the taping. Advance Physiotherapy **will not** charge you for the first application, which will allow you to test the product and appreciate its benefits. If you do find the tape beneficial and your Physiotherapist recommends that you continue to use it for a period during your treatment, a price of £3.50* will be added to your treatment cost per application. Alternatively you are able to purchase a roll from us at a cost of £12.50* and your therapist will show you how to cut and apply it.

*Prices correct at the time of publishing.