

Your Physiotherapist has decided that a Therapeutic Taping procedure is an appropriate part of your treatment.

Therapeutic Tape was developed more than 25 years ago to help the function of muscles and joints in a variety of ways and to help extend treatment in between appointments.

What is Therapeutic Taping and how can it help?

Therapeutic taping may be used to:

- Help a joint to stay in position, so that an overstretched muscle is given time to shorten
- Give sensory awareness to a muscle or joint to encourage use and thereby strengthening it
- Help relax an overused muscle or help in the release of tension which can help decrease pain in that area
- Place a part of the body in a better position to allow muscles to work better
- Help decrease swelling or bruising, allowing for quicker healing and decreased pain

What is Therapeutic Tape like?

The therapeutic tapes we use for our treatments:

- ☺ Are stretchy, 100% cotton and latex free
- ☺ Allow the skin to breathe easily
- ☺ Can be worn for 3 – 5 days without re-applying
- ☺ Allow movement
- ☺ Come in different colours
- ☺ Can be worn in the bath/shower or when swimming

Could I have an allergic reaction to the tape and if I did, what should I do?

As therapeutic tapes we use are cotton and latex free; they are kind to the skin. However should your skin around the taped area become red, itchy, blister or swell, then please remove the tape immediately (and wash and pat dry the area). Please inform your physiotherapist / occupational therapist.

Also if you feel at any time that the therapeutic tape is causing an increase in pain or movement is more difficult, then you should remove it and inform the relevant therapist.

How should I remove the tape?

Removing the tape should be done carefully to avoid irritating the skin.

DO NOT TEAR THE TAPE OFF QUICKLY!

Remove the tape after having a bath. Using a thin layer of baby oil, vegetable oil or tape remover product over the tape can help too, letting it soak in for about 15 minutes.

It is best to remove from the top down as this will be in the direction of body hair and so will be more comfortable.

Loosen the top edges and lift the tape from the skin, stretching the skin away from the tape as you go. Your Therapist will show you how to do this.

Once tape has been removed you may like to use some lotion to hydrate the skin and relieve any itching that may be caused by removal.

How can I look after the tape when I am wearing it?

Therapeutic tape should be left in place for up to 5 days, if possible. If the tape begins to roll on the edges, simply trim the edges to prevent them getting caught on clothes and being pulled off more.

Therapeutic tape can also get wet by bathing or swimming. Just pat dry with a towel, being careful not to catch the edges of the tape, and then allow to air dry.

DO NOT USE EXCESSIVE HEAT e.g. A HAIRDRYER TO DRY THE TAPE!

When should I remove the tape?

Remove the tape 3 – 5 days after application. Otherwise, please remove the tape in time to allow a 24 hour break before returning to therapy and the possibility of re-taping, or before home re-application.

References

Kase K, Martin P, Yasukawa A, 2006, Kinesio® Taping in Paediatrics, 2nd Edition.

www.kinesiotaping.com [Accessed 23rd August 2018].

www.sporttape.co.uk [Accessed 23rd August 2018].