

#### Instructions

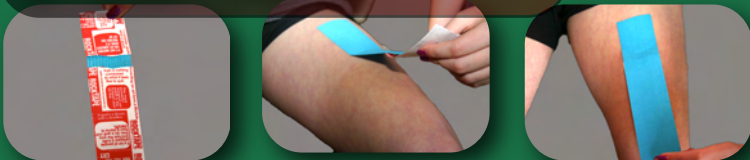
- Apply on clean, dry skin 10 minutes before exercise. Rub vigorously to set adhesive.
- Never stretch the ends of the tape, only the middle.
- Rocktape can be worn up to five days and is water resistant.
- Store tape in cool, dry place. Allow tape to come to room temperature before applying.

# Sport taping applications



Watch online instructional videos at [www.rocktape.com](http://www.rocktape.com)

## Start Here

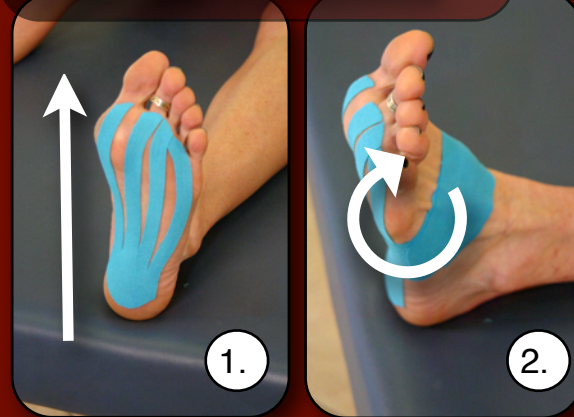


Anchor end - rip tape backing 2-3" from end of tape and remove backing. Anchor end to skin and rub vigorously. Apply tape to area indicated.



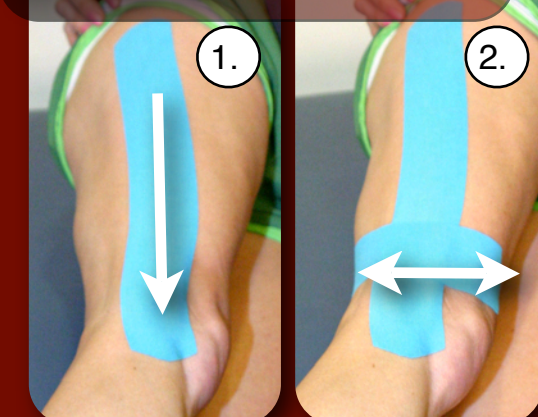
Middle stretch - rip tape in middle, peel backing and pull evenly on each end of tape. When applying, **never** stretch ends of the tape, only stretch the middle. Rub vigorously to set adhesive.

## Plantar Fasciitis



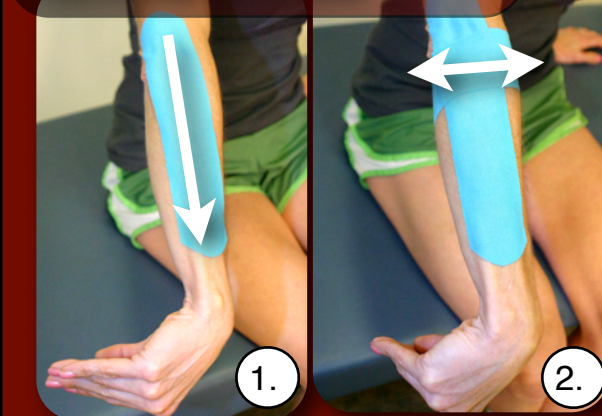
1. Flex foot. Anchor tape to heel and run to ball of foot with no stretch. **Optional:** Cut tape into "fingers".
2. Anchor on top of foot and wrap tape from outside to inside to support arch. Use multiple pieces if needed.

## IT Band



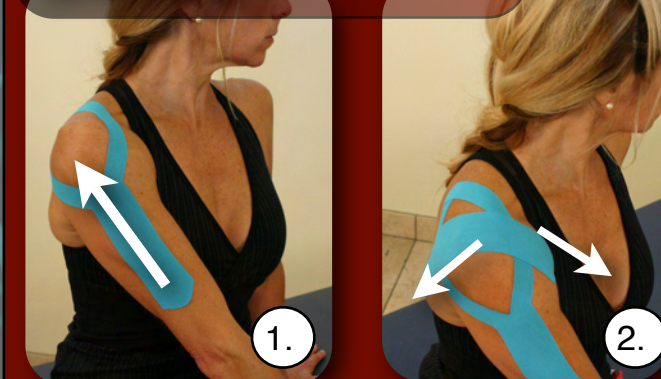
1. Lie on side, extend leg. Anchor tape on side of leg at upper thigh and run to knee. No stretch.
2. Apply piece on side of knee, over pain. Stretch tape 50% in middle, no stretch in ends.

## Tennis Elbow



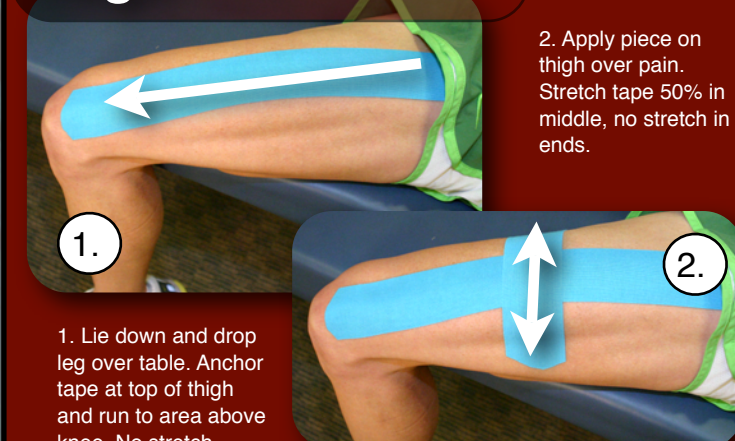
1. Extend arm, point hand down and rotate outward. Anchor tape above elbow and run to area above wrist. No stretch.
2. Apply piece on elbow over pain. Stretch tape 50% in middle, no stretch in ends.

## Shoulder



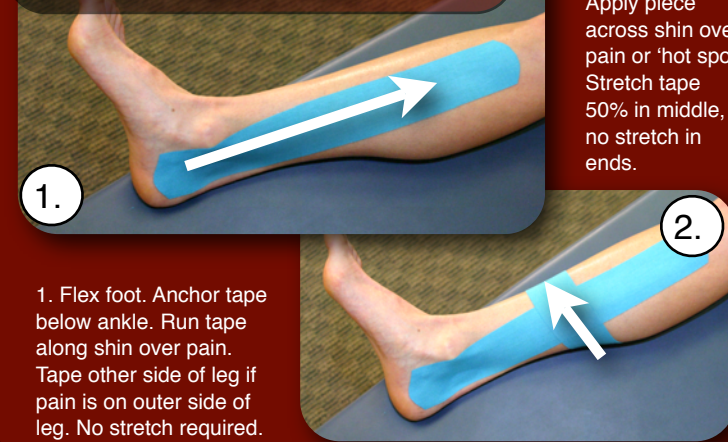
1. Anchor tape from lower arm to top of shoulder with (optional) split and no stretch.
2. Apply tape on top of shoulder. Stretch tape 50% in middle, no stretch in ends.

## Thigh



1. Lie down and drop leg over table. Anchor tape at top of thigh and run to area above knee. No stretch.
2. Apply piece on thigh over pain. Stretch tape 50% in middle, no stretch in ends.

## Shin Splints



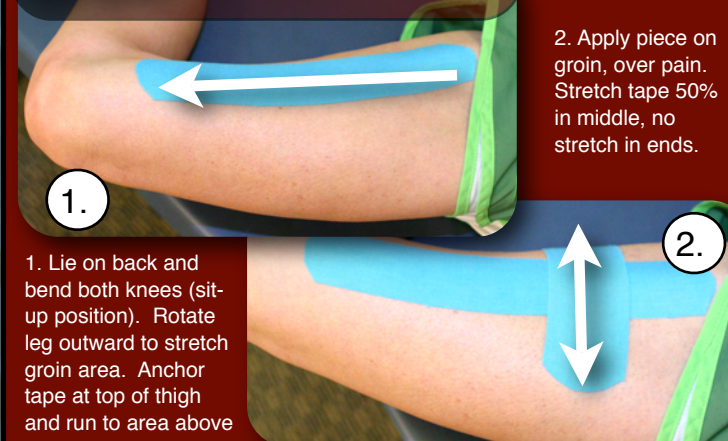
1. Flex foot. Anchor tape below ankle. Run tape along shin over pain. Tape other side of leg if pain is on outer side of leg. No stretch required.
2. **Optional:** Apply piece across shin over pain or 'hot spot'. Stretch tape 50% in middle, no stretch in ends.

## Achilles Tendon



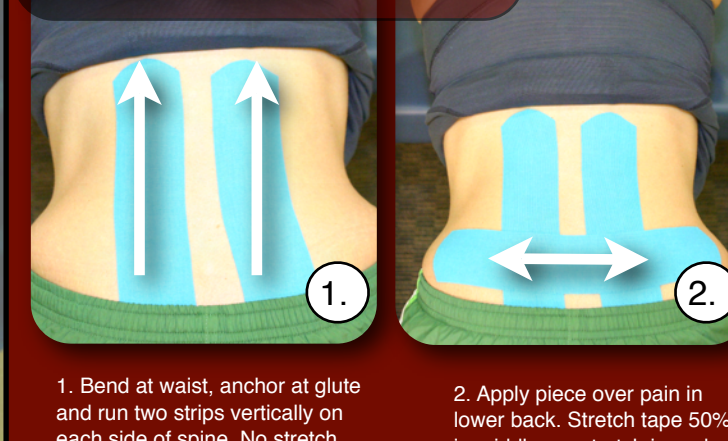
1. Flex foot. Anchor tape at mid arch. Run tape over AT and finish at top of calf. Relax foot and rub down.
2. **Optional:** Apply piece across AT. No stretch.

## Groin



1. Lie on back and bend both knees (sit-up position). Rotate leg outward to stretch groin area. Anchor tape at top of thigh and run to area above knee. No stretch.
2. Apply piece on groin, over pain. Stretch tape 50% in middle, no stretch in ends.

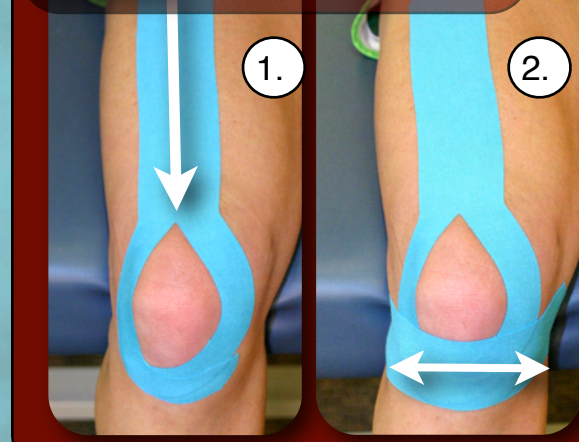
## Lower Back



1. Bend at waist, anchor at glute and run two strips vertically on each side of spine. No stretch.
2. Apply piece over pain in lower back. Stretch tape 50% in middle, no stretch in ends.

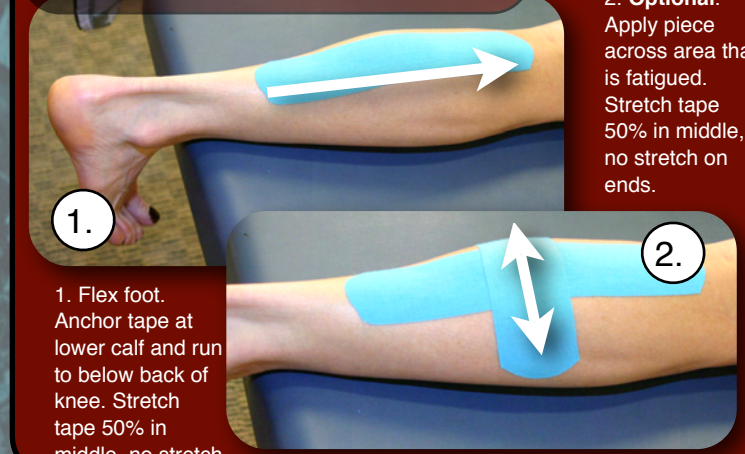
## ENDURANCE TAPE FOR ATHLETES

## Knee



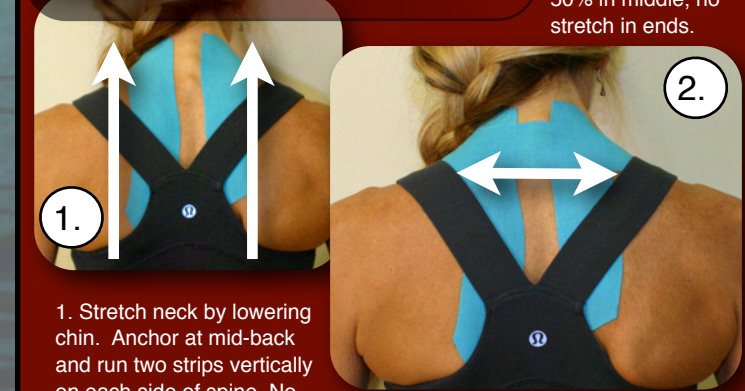
1. Place knee in 90° angle. Cut tape vertically 3-4" from end. Anchor tape at mid-thigh, run to knee, wrap around sides of knee. No stretch.
2. **Optional:** Apply piece across and below knee cap. Stretch tape 50% in middle, no stretch in ends.

## Calf



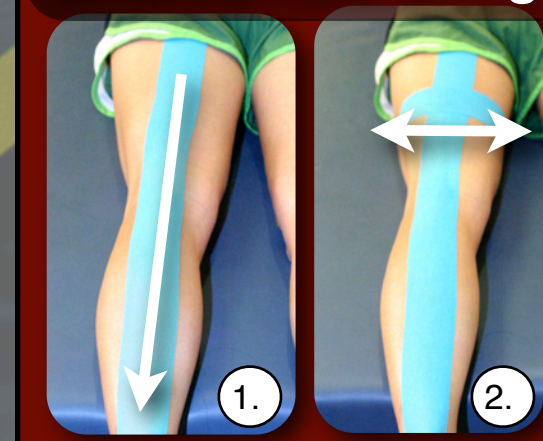
1. Flex foot. Anchor tape at lower calf and run to below back of knee. Stretch tape 50% in middle, no stretch on ends.
2. **Optional:** Apply piece across area that is fatigued. Stretch tape 50% in middle, no stretch on ends.

## Neck



1. Stretch neck by lowering chin. Anchor at mid-back and run two strips vertically on each side of spine. No stretch.
  2. Apply piece on neck over pain. Stretch tape 50% in middle, no stretch in ends.
- Optional:** apply longer piece in step 2 - finish with tape ends on top of each shoulder (swimming).

## Sciatica/Ham String



1. Sciatica. Lie down. Anchor tape at top of thigh and run to area above ankle. No stretch.
  2. Ham string. Touch toes. Anchor tape at top of thigh and run to area above knee. No stretch.
- Optional:** Apply piece on ham string over pain. Stretch tape 50% in middle, no stretch in ends. Combine with Lower Back.