

Instructions

- Apply on clean, dry skin 10 minutes before activity. 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.

Pregnancy applications



Watch online instructional videos at 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.

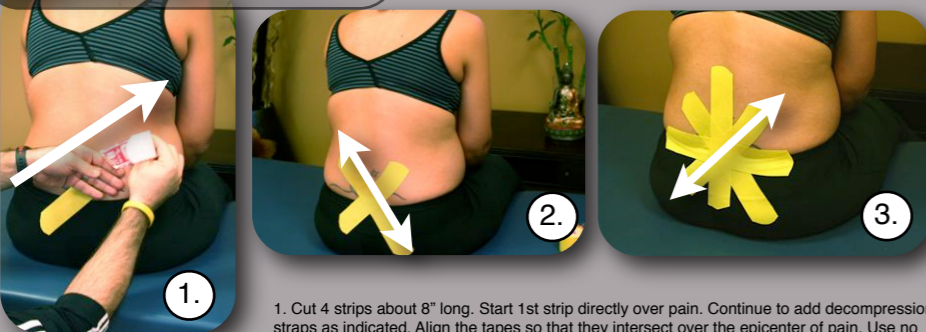
Decompression strap: How to perform middle stretch - rip tape in middle, peel backing and pull evenly on each end of tape. When applying, never stretch ends of the tape, only stretch the middle. Rub vigorously to set adhesive.

Piriformis/Hip Pain

- Can use 'fans' or strips. Cut 2 strips about 6" long. Stretch area by laying on side and pushing leg forward until area is lightly stretched. Apply tape over area of pain in the form of a large X. Make sure the intersection of the tape is over the epicenter of pain.

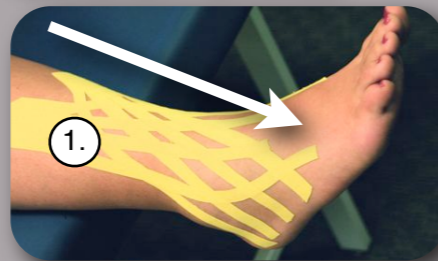


Sacroiliac



- Cut 4 strips about 8" long. Start 1st strip directly over pain. Continue to add decompression straps as indicated. Align the tapes so that they intersect over the epicenter of pain. Use no stretch.

Swollen ankles



- Place foot in 90° angle. Cut 2 pieces of tape, 6-8" long. Cut tape vertically, 3-4" from end to create "fans". Anchor tape at mid-shin, apply over area of swelling. No stretch.
- Optional. Apply more 'fans' to increase fluid removal.

Neck-Postural Stress

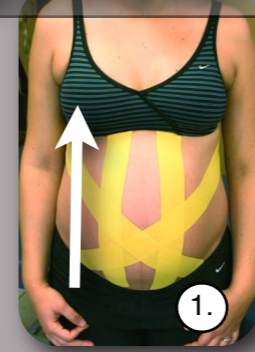
- Cut 2 strips of tape about 8" long. Rip the first tape in the middle and apply the middle of the tape to the mid-back. Roll shoulders and trunk forward and apply the ends of the tape, extending away from the center of the back.
- Repeat the above process with the second piece of tape.



Front Sling w/ Baby Belt

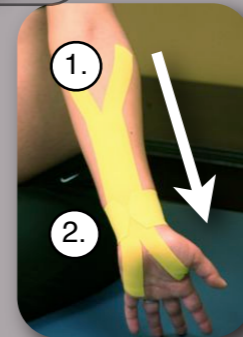
- Cut 2 strips about 15" long. Raise arms above head. Attach strips at pelvis and carefully run over the stomach to the rib cage.

See Baby Belt for additional instructions.



Carpal Tunnel

- Cut a piece of tape to fit the forearm as indicated in the picture. Optionally slit the ends of the tape. Extend the arm and flex the wrist towards the floor. Anchor tape below elbow and run tape to wrist.
- Cut decompression strap that can enclose wrist and place over area of pain. Stretch tape 50% in middle, no stretch in ends.

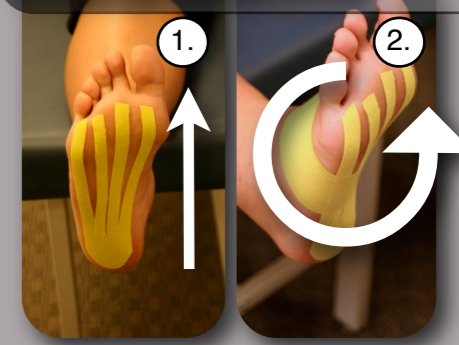


Diaphragm

- Cut tape to length as indicated. Apply middle of tape at base of sternum/breast bone. Take deep breath and hold. Apply tape in curve as indicated. Do not stretch ends of tape. Exhale.

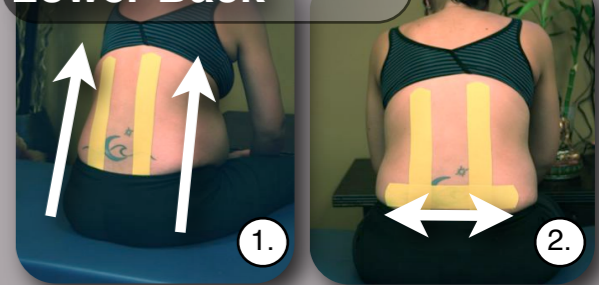


Plantar Fasciitis



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

Lower Back

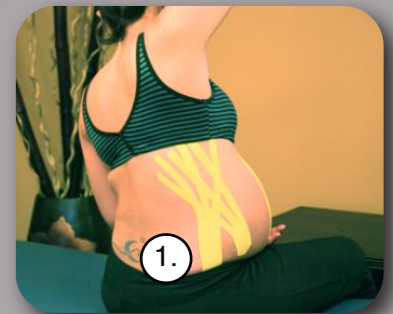


- Bend at waist, anchor at glute and run two strips vertically on each side of spine. No stretch.

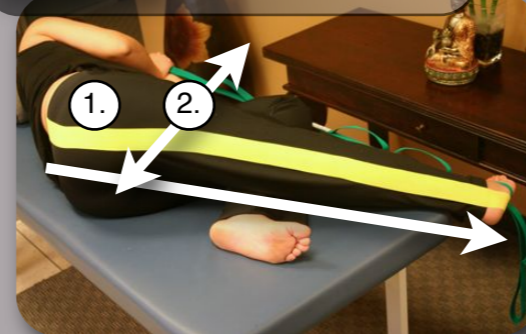
- Apply decompression strap over pain in lower back. Stretch tape 50% in middle, no stretch in ends.

Rib Pain

- Can use fans or strips. Cut 2 strips of tape about 8" long. Extend arm over head and lean to stretch the area with pain. Take in deep breath and hold. Apply tape over area of pain with no stretch.



Sciatica



- Lie down with areas stretched. Anchor tape at top of glute and run to area above ankle. No stretch.
- Optional: Apply decompression strap on leg over pain. Stretch tape 50% in middle, no stretch in ends.

Baby Belt



- Cut 2 pieces of tape about 3 feet long. Anchor tape at the front of the hip. Have individual raise one arm. Apply tape in a spiral pattern under the belly and around to the opposite shoulder blade.
- Repeat this pattern on the other side.