



FUNCTIONAL WELLNESS AND CHIROPRACTIC CENTER

Kinesiology Taping Information

After office visit with appropriate practitioner on the pattern on how to apply the kinesiology tape, there are some things to keep in mind and consider:

- The kinesiology tape lasts around 5 days. Time can vary based on activity level and exposure to getting dirty. The more sweat and dirt gets on the kinesiology tape, less time the tape sticks to skin.
- The adhesive on the tape is heat activated. It is recommended not to take the tape off after a hot shower, because skin can be ripped off.
- Showering and getting liquid on the tape is just fine, but be sure to pat the tape dry and not rub it dry, because that will cause the tape to fray
- If parts of the tape are frayed, cutting those frayed parts is allowed
- If at anytime the tape becomes annoying, taking off is also allowed
- Take off immediately if rash starts to develop. Adding some ointment may help with the rash.

Any other questions, comments, or concerns can be directed to the clinic at info@fwchiro.com.