

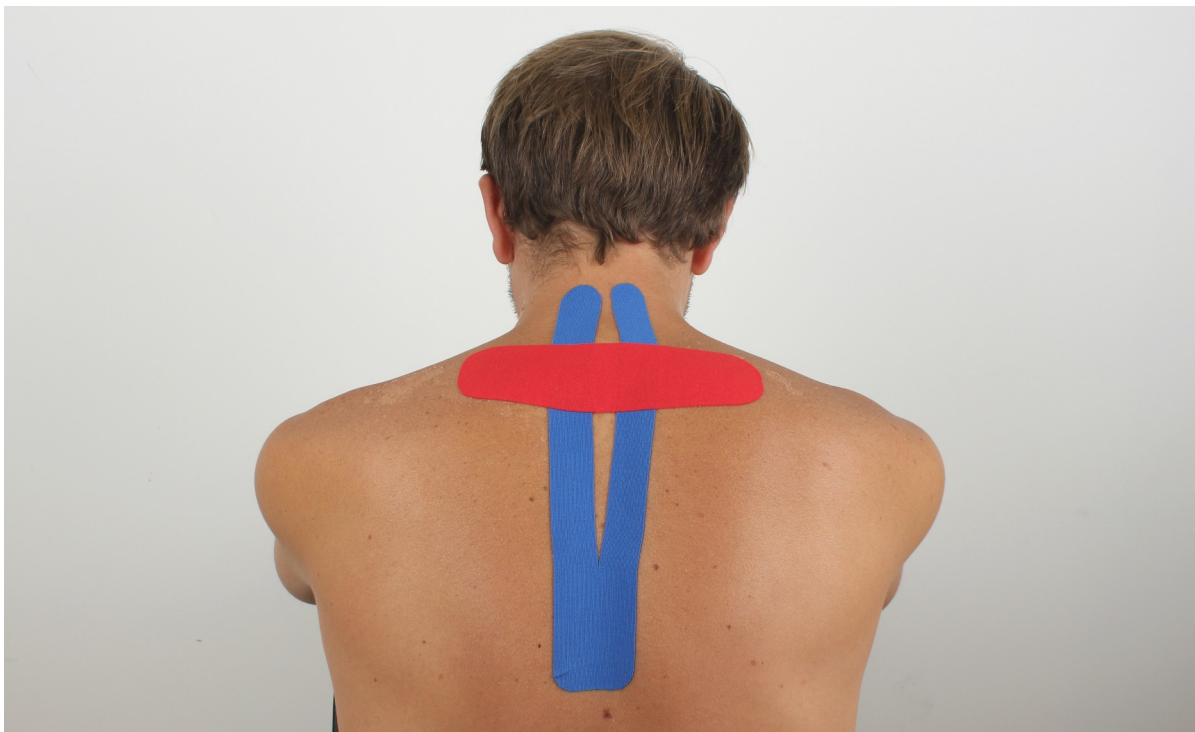
Instructions for attaching tapes: preparation of the skin, proper laying, tips and tricks for taping

- Hair should be removed at the place where tapes should be placed
- The skin should be cleaned as a preparation with soap. Cream should not be used during the preparation. An additional cleaning with alcohol can increase the adhesive power of the tape.
- The tape should be rounded at the corners to prevent peeling
- When attaching the tape to the skin, do not touch the adhesive surface
- To activate the adhesive, you should rub the tape well on the skin
- In order to develop the maximum adhesive power, the tape should be applied approximately 2 to 3 hours before sport
- Please be careful after with the tape if you change your dress
- After showering, it is easy to dry the tape. However, you should choose the lowest level
- To remove the tape easily, it is advisable to make it wet, for example under the shower
- Since each person is unique and findings may deviate, individual aspects should always be considered. It is advisable to seek professional advice.

Important Note:

This manual does not replace the necessary contact with doctors or physiotherapists. Please understand these tapes as effective support and always consult a doctor in case of doubt.

1. Pain in the neck area



You need: 1 tape stripe in Y-shape as well as one in I-shape (slightly shorter).

After the protective film has been removed, the head is bent forward and the tape is applied by a partner as shown in the video. After the placement, the shorter I-stripe is fixed in place where neck pain is felt. The adhesive force is activated by spreading. If the head is then put up, waves should be seen on the tape.

2. General pain in the shoulder area



A tape stripe in the shape of a Y is required.

First, the approach of the delta muscle is localized. The base is fixed below this muscle, with the incision of the Y below the muscle attachment point. An accurate placement is very important for maximum effectiveness. Now the arm is moved backwards, the front stripe is fixed without tension on the shoulder. If the arm is moved forward again, the tape should show characteristic waves. Finally, the arm is moved forward again and a second tape in Y-shape is fixed along the shoulder (without tension).

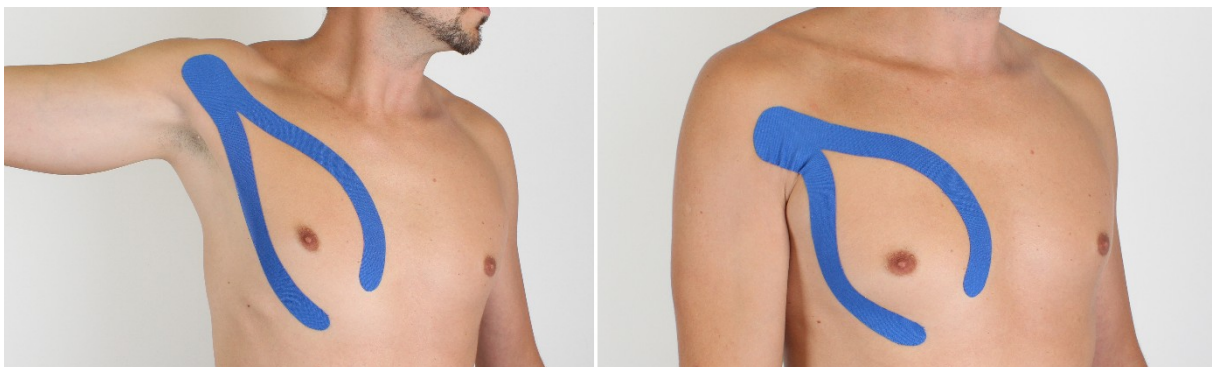
The tape is rubbed to activate the glue.

3. Pain in the back area



You need a tape stripe in the form of an I. You measure the length individually from the shoulder to the groin comb. When fixing the tape, bend slightly forward, take your arm over your head. The tape is placed at the bottom of the pelvis and then along the latissimus dorsi.

4. Pain in the area of the anterior breast



You will need a tape stripe in Y shape.

The tape is applied as shown, the arm being guided upwards into an outer rotation.

5. Pain in the thoracic vertebra



You need tape stripe in I-shape.

Take a round-backed posture and fix the tape with tension parallel to the individual pain points. A second tape is fixed on the opposite side as well. The ends of the tape are fixed without tension. Then a third tape in I-shape is fixed in the middle, with the greatest possible tension at a 90 degree angle to the already attached tapes.

6. Technique for the lumbar vertebra



You need 4 tapes in I-shape.

Bend forward and let your partner apply the tape to the spine at maximum tension above the pain point. The other tapes are attached diagonally and horizontally in the same way to achieve the greatest possible effect.

7. Water deposits in the arm



Pick up two stripes in the shape of a fan. This technique is very useful for water deposits. Glue the tape with little tension in the area of the upper arm. The ends are fixed without tension. The second tape is placed below the elbow.

8. Carpal Tunnel Syndrome



You will need a stripe of the tape in I-shape to prevent tingling. The tape is applied with maximum tension across the carpal tunnel.

9. Biceps



2 tape stripes in I-form are required in case of pain on the biceps or on the upper arm.

Please fix the tapes as show on the picture/in the video.

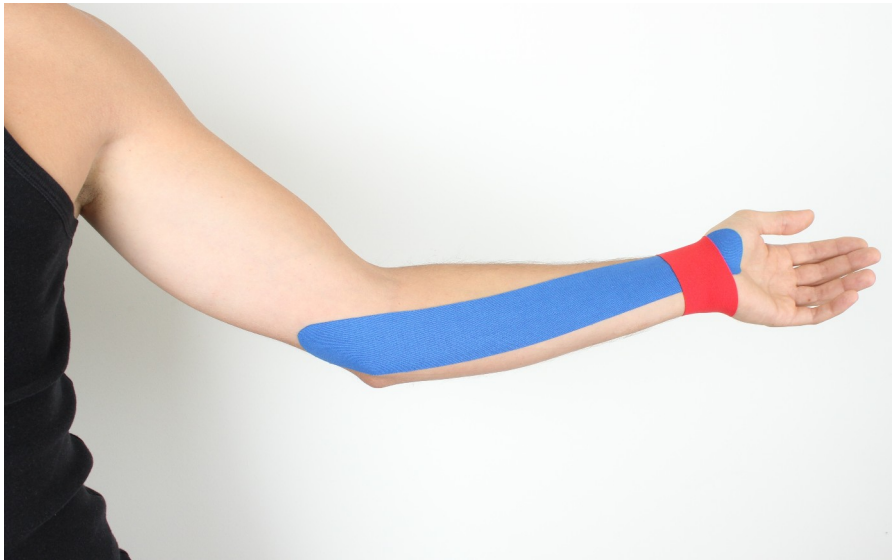
10. Tennis arm (pain in the elbow area)



You need 2 stripes of the tape in I-shape.

With your arm extended, bend your wrist down. Fix the tape without tension on the back of the hand. The rest of the tape is now stuck to the level of the elbow. The second tape will be fixed below the elbow joint.

11. Golfer's elbow



You will need a stripe in I-shape (length from wrist to elbow) and a second stripe with a length of about 15 cm.

Fix both tapes as shown, the 2nd around the wrist should be fixed with tension.

12. Carpometacarpal joint



You will need: 1 stripe in Y-shape (cut it after about 10 cm), 1 tape in I-shape (about 15 cm long)

We recommend using the video as help for this quite this complicated technique.

13. Triceps (pain in the area of the thoracic vertebra)



You need: 1 stripe of the tape in Y-shape (for the elbow a hole is cut, about 5 cm behind the base)

You reach a necessary bias for the triceps by placing your hand on the opposite shoulder. The hole is placed just above the bone of the elbow. Without tension, the base is fixed on the wrist. Afterwards, the tape is passed without tension on the triceps to the scapula. If you did the technique right, waves are generated when the arm is moved backwards.

14. Finger (capsule rupture)



You will need: 3 stripes of half width (about 2.5 cm)

The first strip should range from the wrist to the fingertip. The second is wrapped around the joint as shown in the picture. The third strip is used for fixing.

15. Gastrointestinal tract (constipation or similar)



What you need is a stripe in I-form.

The length should range from the pelvic crest to the ribs. While you lie on the back, the tape is fixed following the course of the bowel (without pulling from right to left). Rounding the corners increases the durability of the tape.

16. Lymphatic system on the leg (in case of swelling or water retention)



Use 2 stripes in fan form (see picture).

The length of the first stripe should range from the groin to the knee disc. The second reaches from the knee-throat to the verse. We recommend that you to take a look at the video for details of this technique.

17. Knee pain



Pick up 4 tapes in I-shape.

Angle the knee at about 80 degrees. The first tape is fixed with high tension around the knee disk (the ends should be fixed without tension). The second tape is glued to the outer side of the knee. Important is the course next to the knee disc, so that pain in this area can be effectively alleviated. The remaining strips are fixed in the same way, with a slight overlap.

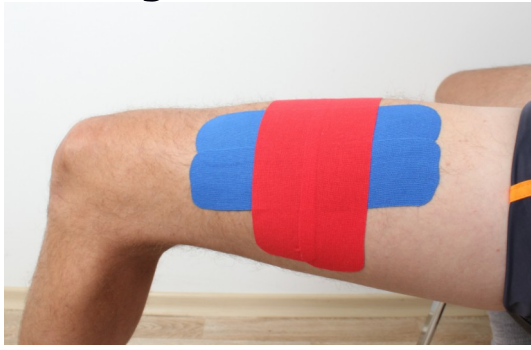
18. Patella Luxation



You need 1 tape in Y shape.

Fix the tape base on the outer side of the knee joint. After loosening the carrier paper, fix this with the greatest possible tension on the knee disc. Without tension, drain the tape on the medial side of the knee. The same procedure is used with the other tapes above the knee disc.

19. Thigh strain



4 I-shaped strips with a length of 15 cm each are used.

Fix the first tape to the pain point with full tension. The second tape is easy to install slightly offset. Stripes 3 and 4 are also applied under tension orthogonal to those already fixed. By tapping the tapes from the inside to the outside, the durability of the plant is ensured by activating the glue. Finally, brush the entire tape from the inside out, thereby activating the adhesive power and increasing the durability of the tape.

20. Ankle joint



For an ankle strap, you need 4 stripes in I-shape (3 strips are shorter).

Loosen the stripping paper of the longest stripe. Bend the relevant foot upwards and a partner fix the tapes as shown on the pictures. Start at the inside of the ankle. With maximum tension, stick the tape under the foot, on the outside, let it drain without tension. The second tape stripe is fixed with maximum tension over the painful area. Use the remaining tapes the same way. You have proceeded correctly if a wave pattern is visible in the case of a foot movement.

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