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Mueller Kinesiology Tape Pre-Cut Strips User Manual

Model: Kinesiology Tape Pre-Cut Strips (ASIN: B011PWFWW2)

1. PRODUCT OVERVIEW

The Mueller Kinesiology Tape Pre-Cut Strips are designed to provide support and pain relief for muscles and joints. This tape is comfortable to wear, stays on in water, and helps maintain flexibility while potentially improving healing by increasing blood flow to affected areas. The convenient pre-cut strips facilitate targeted application.



Image 1: A roll of Mueller Kinesiology Tape in pink. This tape is designed for muscle and joint support.

2. PREPARATION AND APPLICATION

2.1 Before Application

- **Clean Skin:** Ensure the skin where the tape will be applied is clean, dry, and free of lotions, oils, or sweat. This helps the adhesive bond properly.
- **Trim Hair:** For optimal adhesion and comfortable removal, trim excessive hair in the application area.

2.2 Application Instructions

The Mueller Kinesiology Tape comes in pre-cut strips for ease of use. Follow these general steps for application:

1. **Prepare the Strip:** Gently peel the backing paper from one end of a pre-cut strip. Avoid touching the adhesive side.
2. **Anchor the Tape:** Apply the first 1-2 inches of the tape without any stretch to create an anchor point on the skin.
3. **Apply with Stretch (as needed):** Depending on the desired support, apply the main body of the tape with a specific amount of stretch. For muscle support, a moderate stretch (25-50%) is often used. For

lymphatic drainage or swelling reduction, a very light stretch (0-15%) is common. Consult a healthcare professional or specific taping guides for your condition.

4. **Smooth Down:** After applying the tape, gently rub the entire strip from the center outwards. This friction activates the heat-sensitive adhesive, ensuring a secure bond to the skin.
5. **Avoid Overstretching Ends:** The last 1-2 inches of the tape should always be applied without stretch to prevent skin irritation and ensure the tape stays in place longer.



Image 2: A roll of Mueller Kinesiology Tape shown alongside a single pre-cut strip, illustrating the product's form factor.

3. USAGE GUIDELINES

3.1 Wearing the Tape

- The tape is designed to be worn for several days (typically 3-5 days).
- It is water-resistant and can be worn during showering, swimming, or other water activities. Pat the tape dry gently after exposure to water.
- If you experience itching, irritation, or discomfort, remove the tape immediately.

3.2 Removal Instructions

To minimize skin irritation during removal:

1. **Peel Slowly:** Start peeling the tape from one end, pulling it slowly in the direction of hair growth.
2. **Press Skin Down:** While peeling, press down on the skin behind the tape to help separate it from the adhesive.
3. **Use Oil (Optional):** If the tape is difficult to remove or causes discomfort, apply a small amount of baby oil or olive oil to the tape to help dissolve the adhesive before peeling.



Image 3: A close-up view of the Mueller Kinesiology Tape roll, highlighting its texture and the Mueller brand logo.

4. CARE AND MAINTENANCE

- Store the tape in a cool, dry place away from direct sunlight.
- Do not reuse tape strips once they have been applied and removed.
- Dispose of used tape responsibly.

5. TROUBLESHOOTING

- **Skin Irritation/Itching:** If irritation occurs, remove the tape immediately. Ensure skin was clean and dry before application. Avoid excessive stretch, especially on sensitive areas.
- **Tape Not Sticking:** Ensure skin is completely clean and dry. Rub the tape thoroughly after application to activate the adhesive. Avoid applying to areas with excessive hair or heavy perspiration.
- **Edges Peeling:** Ensure the ends of the tape are applied without stretch. Avoid friction from clothing or activities that might rub the edges.

6. SPECIFICATIONS

Feature	Detail
Product Dimensions	6 x 6 x 8 inches
Item Weight	15.68 ounces
Manufacturer	Darisi, Inc
ASIN	B011PWFWW2
Date First Available	July 15, 2015

7. IMPORTANT INFORMATION

7.1 Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

8. SUPPORT AND WARRANTY

8.1 Customer Support

For further assistance or inquiries regarding your Mueller Kinesiology Tape, please refer to the contact information provided on the product packaging or visit the official Mueller Sports Medicine website.

8.2 Warranty Information

Specific warranty details for this product are not provided in the available information. Please consult the

product packaging or contact Mueller Sports Medicine directly for any warranty-related questions.