

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [Sensiplast](#) /

› [Sensiplast Kinesiology Tape Instruction Manual](#)

## Sensiplast B08D2DL92H

# Sensiplast Kinesiology Tape Instruction Manual

Model: B08D2DL92H

## 1. INTRODUCTION

---

Thank you for choosing Sensiplast Kinesiology Tape. This manual provides essential information for the proper use and care of your kinesiology tape. Sensiplast Kinesiology Tape is designed to provide support and stability to muscles and joints without restricting the body's range of motion. It is commonly used for pain relief, reducing swelling, and improving athletic performance.

Each package contains 4 rolls of 5m x 5cm adhesive tape and an application DVD to guide you through various application techniques.

## 2. PRODUCT OVERVIEW

---



Image: Four rolls of Sensiplast Kinesiology Tape in various colors (green, black, pink, blue), illustrating the product variety.

## STÜTZT UND STABILISIERT:



Image: The Sensiplast Kinesiology Tape kit, showing multiple tape rolls, a pair of scissors, and the instructional DVD.

### 3. PREPARATION FOR APPLICATION

Proper preparation ensures optimal adhesion and effectiveness of the tape.

1. **Clean Skin:** Ensure the skin where the tape will be applied is clean, dry, and free of oils, lotions, or hair. This helps the adhesive bond securely.
2. **Hair Removal:** For best results and comfortable removal, consider trimming or shaving excessive hair in the application area.
3. **Skin Sensitivity Test:** If you have sensitive skin, apply a small piece of tape to an inconspicuous area for a few hours to check for any adverse reactions.
4. **Consult DVD:** Refer to the included application DVD for detailed instructions on cutting and shaping the tape for specific body parts and conditions.



Image: A visual guide demonstrating various methods for cutting and shaping kinesiology tape, including I-strips, Y-strips,

and fan cuts, essential for different application techniques.

## 4. APPLICATION INSTRUCTIONS

The application of kinesiology tape requires specific techniques to achieve desired results. Always refer to the included DVD for comprehensive visual guidance.

### General Application Principles:

- **Anchor Points:** Always apply the first and last 1-2 inches of the tape without any stretch. These are your anchor points.
- **Stretch:** The amount of stretch applied to the tape varies depending on the desired effect (e.g., muscle support, lymphatic drainage). The DVD will illustrate appropriate stretch levels.
- **Rub to Activate:** After applying the tape, gently rub the entire length of the tape to activate the heat-sensitive adhesive.
- **Avoid Overstretching:** Do not overstretch the tape, especially over joints, as this can cause skin irritation or blistering.

### Common Application Areas:



Image: A grid of diagrams illustrating different kinesiology tape applications on various body areas such as the shoulder, upper back, thigh, calf, and lower back, demonstrating versatility.

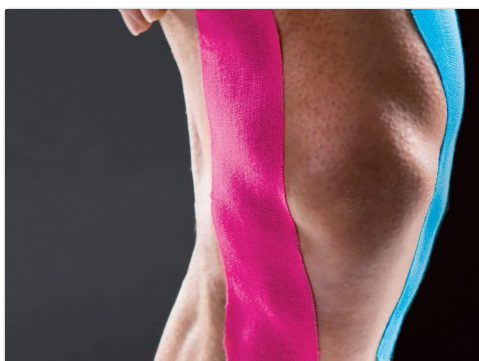


Image: Kinesiology tape applied to the knee, showing how it can provide support to the joint and surrounding muscles.

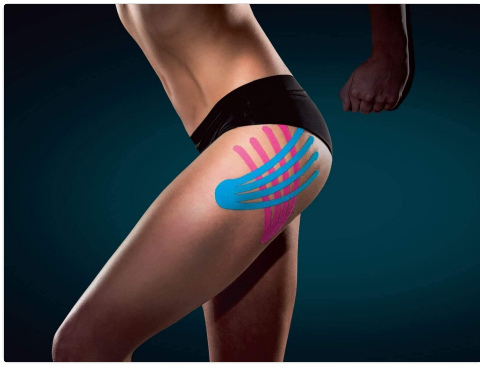


Image: Kinesiology tape applied to the hip and upper thigh, illustrating support for gluteal and hamstring muscles.



Image: Kinesiology tape applied to the wrist, demonstrating support for wrist joints and forearm muscles.

## 5. REMOVAL AND CARE

---

Proper removal helps prevent skin irritation, and correct storage maintains tape quality.

### Tape Removal:

- **Gentle Removal:** To minimize skin irritation, remove the tape slowly and gently, pulling it back over itself in the direction of hair growth.
- **Skin Protection:** You can press down on the skin behind the tape as you pull it off to further reduce discomfort.
- **Moisture:** Removing tape in the shower or after applying oil (e.g., baby oil) can help loosen the adhesive.
- **Single Use:** Kinesiology tape is designed for single use. Do not attempt to reapply used tape.

### Storage of Unused Tape:

- Store unused rolls in a cool, dry place away from direct sunlight.
- Keep the tape in its original packaging until ready for use to protect the adhesive.

## 6. TROUBLESHOOTING

---

### Skin Irritation or Itching:

- **Cause:** May be due to sensitive skin, improper application (too much stretch), or prolonged wear.
- **Solution:** Remove the tape immediately if irritation occurs. Ensure skin is clean and dry before

application. Avoid excessive stretch, especially at the ends of the tape. Limit wear time to 3-5 days.

### Tape Not Sticking Properly:

- **Cause:** Oily skin, lotions, excessive hair, or insufficient rubbing to activate adhesive.
- **Solution:** Thoroughly clean and dry the skin. Trim or shave hair if necessary. Rub the tape firmly after application to activate the adhesive.

### Edges Peeling:

- **Cause:** Tape ends were stretched, or not enough anchor was provided.
- **Solution:** Ensure the first and last 1-2 inches of the tape are applied without any stretch. Round the corners of the tape before application to reduce peeling.

## 7. SPECIFICATIONS

Feature	Detail
Brand	Sensiplast
Model Number	B08D2DL92H
Manufacturer	Sensiplast
Tape Dimensions	5m (length) x 5cm (width) per roll
Quantity	4 rolls
Compliance	Medical Device Directive 93/42/EEC
Package Dimensions	14.6 x 14.6 x 6 cm
Package Weight	442 g

## 8. WARRANTY AND SUPPORT

### Warranty Information:

Specific warranty details for Sensiplast Kinesiology Tape are not provided in the product information. Please refer to your point of purchase or the manufacturer's official website for any available warranty terms.

### Customer Support:

For further assistance, questions regarding product use, or to report any issues, please contact Sensiplast customer support through their official channels. Contact information can typically be found on the product packaging or the manufacturer's website.

## 9. IMPORTANT SAFETY INFORMATION

- Do not apply tape to open wounds, broken skin, or areas with skin infections.
- Discontinue use if you experience severe itching, rash, or blistering.
- Consult a healthcare professional before use if you have any medical conditions, circulatory problems, or

are pregnant.

- Keep out of reach of children.
- This product is not a substitute for professional medical advice or treatment.

© 2024 Sensiplast. All rights reserved.