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Sensiplast Kinesiology Tapes

Sensiplast Kinesiology Tapes Instruction Manual

Brand: Sensiplast | Model: Kinesiology Tapes

1. PRODUCT OVERVIEW

Sensiplast Kinesiology Tapes are designed to provide support and stability to muscles and joints without restricting natural movement. This elastic and breathable tape aids in the body's natural healing process, improves muscle function, and supports local lymphatic circulation. It is suitable for use during physical activity or recovery.



Image 1: Sensiplast Kinesiology Tapes packaging. The box displays the brand logo, product name, and illustrations of tape application on a human body, along with two rolls of tape in black and beige.

2. PACKAGE CONTENTS

- 2 rolls of Sensiplast Kinesiology Tape (1 Black, 1 Beige)



Image 2: Close-up view of two Sensiplast Kinesiology Tape rolls, one in beige and one in black, showing the texture of the fabric.



Image 3: Three rolls of Sensiplast Kinesiology Tape, two beige and one black, with a portion of the beige tape unrolled to show its adhesive backing.

3. PREPARATION FOR APPLICATION

1. **Clean Skin:** Ensure the skin area where the tape will be applied is clean, dry, and free of oils, lotions, or creams. This helps ensure optimal adhesion.
2. **Hair Removal:** For best adhesion and comfortable removal, it is recommended to shave or trim excessive hair in the application area.
3. **Cut Tape:** Measure the required length of tape. Round the corners of the tape with scissors. Rounded corners help prevent the tape from peeling prematurely.
4. **Avoid Tension on Ends:** When applying, ensure the first and last 1-2 inches (2.5-5 cm) of the tape are applied without any stretch. This "anchor" prevents the tape from lifting.

4. APPLICATION INSTRUCTIONS

Kinesiology tape can be applied with varying degrees of stretch depending on the desired effect (support,

muscle facilitation, or inhibition). Always consult a healthcare professional or certified kinesiologist for specific application techniques tailored to your needs.

General Principles:

- **Muscle Position:** Apply the tape with the muscle in a stretched position.
- **Tape Stretch:** The amount of stretch applied to the tape varies. For muscle support, a moderate stretch (25-50%) is often used. For lymphatic drainage, very light or no stretch is applied.
- **Rub to Activate Adhesive:** After applying the tape, gently rub it to activate the heat-sensitive adhesive.

Example Applications:

Knee Support Application



Image 4: Example of Sensiplast Kinesiology Tape applied around the knee joint. The tape is strategically placed to provide support to the patella and surrounding muscles, demonstrating a common application for knee stability.

For knee support, the tape is often applied in strips around the patella (kneecap) and along the quadriceps

and hamstring muscles. This can help stabilize the joint and reduce discomfort during movement. Ensure the knee is slightly bent during application to allow for full range of motion.

Shoulder Support Application

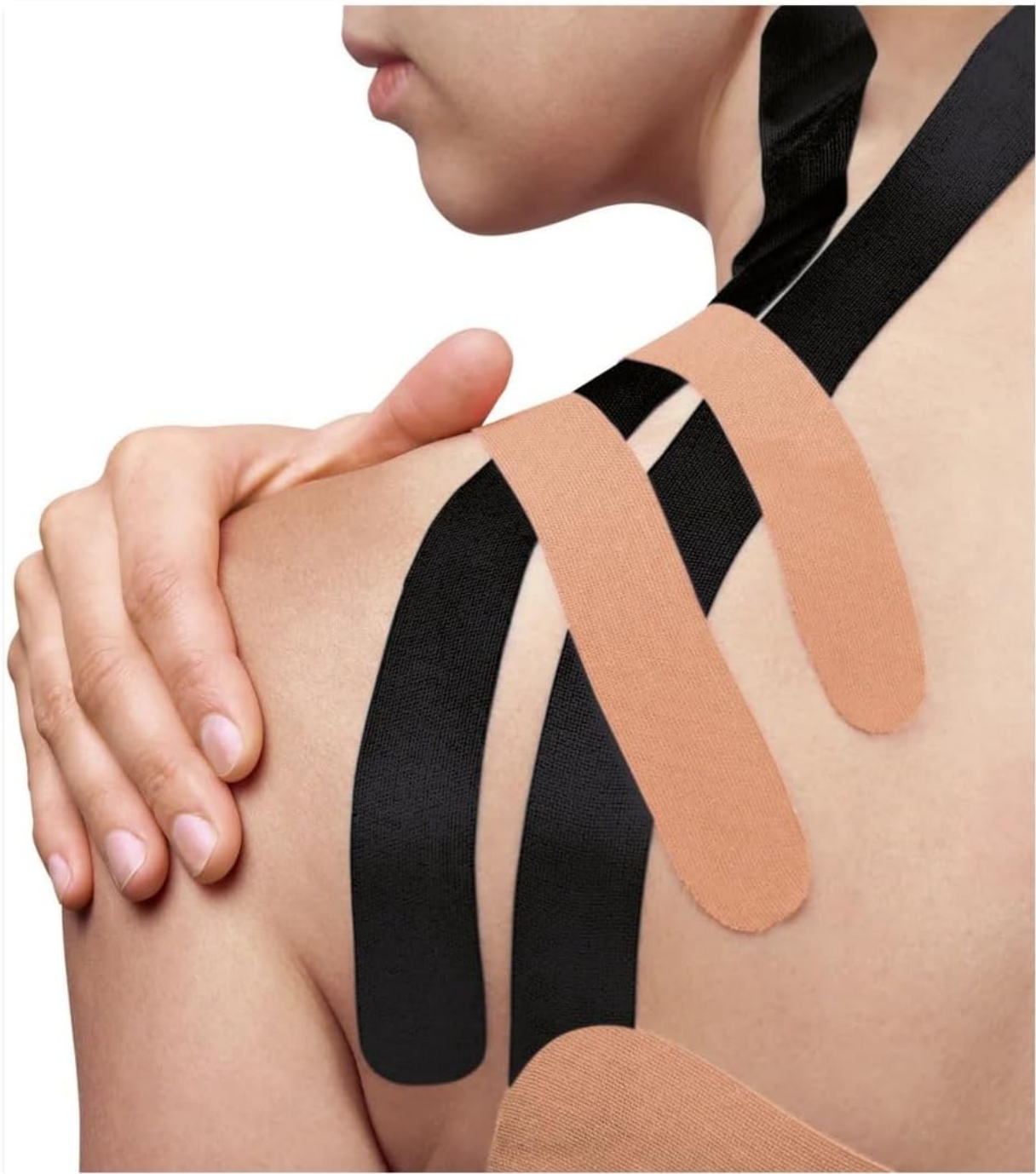


Image 5: Example of Sensiplast Kinesiology Tape applied to the shoulder and upper back area. Multiple strips of black and beige tape are visible, indicating support for the deltoid and trapezius muscles, common for shoulder stability or muscle tension relief.

For shoulder support, tape strips can be applied over the deltoid muscle, across the shoulder blade, or along the trapezius. This can assist in muscle recovery, improve posture, and provide stability to the shoulder joint. Position the arm and shoulder to stretch the target muscles during application.

5. MAINTENANCE AND REMOVAL

- **Wear Duration:** The tape is designed for continuous wear for 4 to 7 days. It is water-resistant, allowing for showering and light water exposure.
- **Drying:** After showering, gently pat the tape dry with a towel. Avoid vigorous rubbing.

- **Removal:** To remove the tape, peel it off slowly in the direction of hair growth. You can apply a small amount of baby oil or warm water to the tape to help loosen the adhesive and minimize skin irritation during removal.

6. TROUBLESHOOTING

- **Skin Irritation/Itching:** If you experience significant itching, redness, or irritation under the tape, remove it immediately. Ensure skin is clean and dry before application. Some individuals may have sensitivity to adhesives.
- **Tape Peeling Prematurely:** Ensure the skin was clean and dry before application. Rounding the corners of the tape can also help prevent premature peeling. Avoid applying excessive stretch to the ends of the tape.
- **Lack of Desired Effect:** Proper application technique is crucial. If the tape is not providing the intended support or relief, consult a healthcare professional or review application guides for specific conditions.

7. SPECIFICATIONS

Feature	Detail
Material	95% Cotton, 5% Elastane
Dimensions per roll	5 cm (width) x 5 m (length)
Colors	Black, Beige
Water Resistance	Yes
Recommended Wear Time	4 to 7 days

8. WARRANTY AND SUPPORT

Specific warranty information for Sensiplast Kinesiology Tapes is not provided in the product details. For any product-related inquiries, technical support, or warranty claims, please contact the seller or manufacturer directly through your purchase platform.

For general information on kinesiology taping techniques, it is recommended to consult a qualified healthcare professional or physical therapist.