

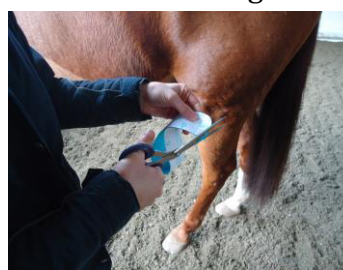
Application of Kinesio® Tape

1. Measure up the tape length



Measure the area you plan to tape and ensure you allow a little extra at each end for your anchor points, remember the tape will stretch so don't allow too much extra

2. Round off the edges



Cut the tape the correct length and then round off the edges at each end to help the tape to stick.

3. Tearing the tape



Peel the paper from the anchor point first. Ideally approx. 2 inches in from the end, you may have grid lines to assist you, pull the tape apart and as you do so the paper will tear.

4. Peeling paper and stretch ability



Now peel back the paper edges ensuring you do not touch the tape. Familiarise yourself with the stretch ability of the tape i.e. practice stretching to 100%, doubling it's length etc

5. Applying the anchor



Apply the anchor first as shown, press the tape down in the area where you created the tear (No5). Firstly, peel the short section of paper off, away from the horse, so that the non-sticky tape side flops back over your stabilizing hand. Then use your spare hand to gently run the tape onto the horse and stick it down so that there is NO tension on the tape. Rub it warm so that it sticks securely (No6).

6.



7. Applying the tape to the target area



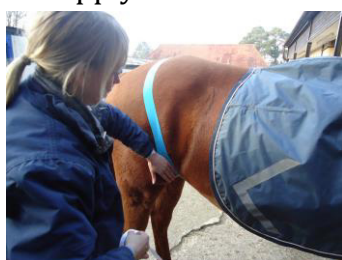
Stabilise your anchor with one hand and peel the rest of the paper off the tape until you reach the bottom anchor, LEAVE the paper on the anchor for now.

8. Apply a stretch to the target tissue



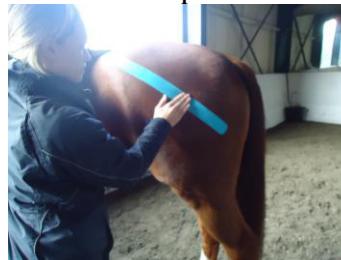
Apply a stretch to the target tissue. You may require some help for this. Ensure your safety at all times when handling a horse's limbs. Apply the desired stretch to your tape. Maintain the level of tension and then stick the tape down to your anchor.

8. Apply final anchor



Remove the stretch from the limb so the horse is square again. Remove the paper from the back of the anchor section of tape before sticking down, as with the previous anchor. Apply the anchor with NO tension.

9. Rub the tape down



Rub the tape down to warm it up for a good few minutes. Some horses are best put on a walker for 10mins before riding.