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Any serious incident relating to the use of any device should be reported to the manufacturer and Competent Authority of the Member State in which the user or patient is located.

## Application Guidelines

- Use a small test patch if person has known allergy to other adhesives
- Apply to clean, dry skin at least 60 minutes before exercise, swimming or showering
- Remove hair
- Round the corners of the tape to reduce lifting or peeling
- Tear paper to peel backing paper to avoid handling the adhesive
- Apply one end of the tape (anchor point) with no tension. This should be at least 2” long and longer if more force is expected (e.g. PowerBand, fast movements or lots of stretch)
- Position the body part in the shortened position
- Hold the anchor point and take up the slack in the tape (do not stretch strongly).
- Maintain pressure on the anchor as you stick and smooth the tape down
- Apply the other end (anchor) with no tension
- PRESS & HOLD the ends for 30 seconds to 1 minute and then rub thoroughly to activate the glue
- Avoid starting or finishing one piece of tape on another and limit overlapping due to the strong shearing forces.

## Tape Removal

- Hold the skin adjacent to the tape and peel the tape back along itself in short stages. Try to pull the skin away from the tape at the same time.
- If irritation has occurred a coconut oil or similar may be used to aid removal.

## Warning

- Remove immediately if any itching, burning, stinging, irritation, pins and needles or numbness or a deterioration in symptoms occurs.
- Always consult a healthcare professional for advice
- This information is for education purposes only and does not constitute medical advice for any particular individual or case.

## Caution

- Do not use on frail, damaged, open or sunburned skin or where there is circulatory compromise
- Traction blisters may result from shearing on skin due to incorrect application
- Although uncommon, allergic reactions may occur



**CAUTION**

This product requires careful and skilful application. Failure to follow the Directions for Use available on the product packaging or at [www.dynamictape.com](http://www.dynamictape.com) can result in skin irritation, blisters and poor adhesion.

**1 - Remove hair**



**2 - Clean & Dry (e.g. alcowipe)**



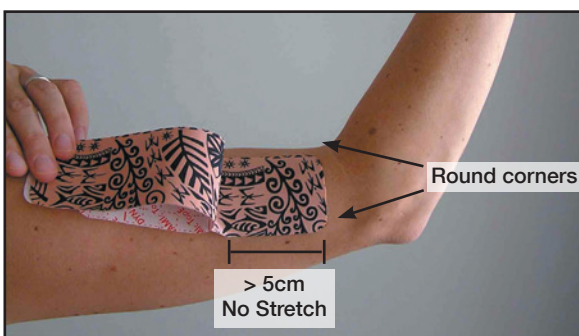
**3 - Rub to heat skin**



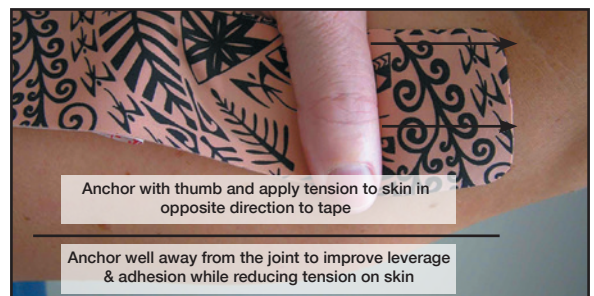
**4 - Apply Adhesive Spray\***



**5 - Anchor Point – No Stretch**



**6 - Anchor with thumb and tension in opposite direction to tape. This will remove skin folds and reduce tension on the skin at the end of the tape**



**7- Apply Gentle Tension**



**8- Apply other anchor point with no tension**



\* Very good results can be obtained without the use of an adhesive spray provided that all other guidelines are adhered to and sufficient time (> one hour) is allowed before participating in vigorous exercise, swimming or bathing or strongly stretching the tape.

9 - Rub thoroughly to activate glue,  
**PRESS & HOLD** the ends for 30-60 seconds



10 - Allow 60-90 minutes before engaging in  
vigorous exercise, swimming or bathing



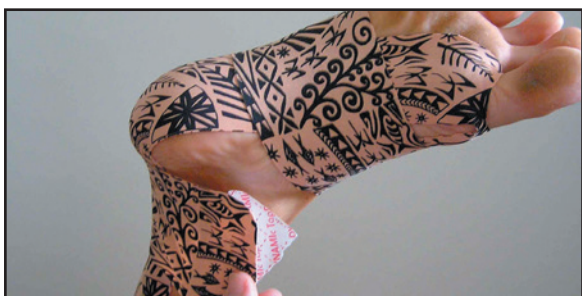
11 - Always use spray on feet and ankles\*



12 - Spray back of first layer before applying the  
next layer when overlapping tape\*



13 - Always lock over foot and achilles  
to increase load absorption as well as adhesion



14 - Cover and protect



**WARN** – Remove tape immediately if itching, stinging, burning or irritation occurs as you may be developing a reaction which can lead to skin breakdown.



Poor application will result in poor adhesion, tension, shearing and blisters



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