



EMERGO EUROPE
Prinsessegracht 20
2514 AP The Hague
The Netherlands



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 can result in skin irritation, blisters and poor adhesion.

1 - Remove hair



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



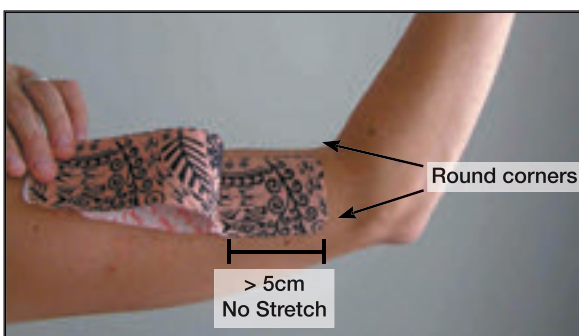
3 - Rub to heat skin



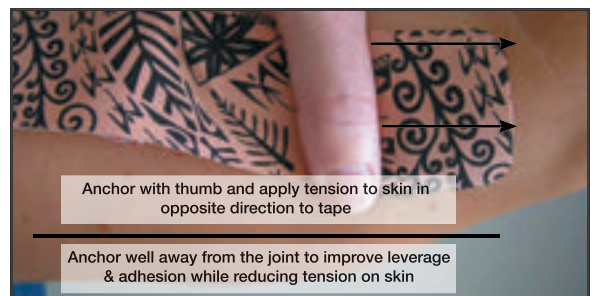
4 - Apply Adhesive Spray*



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



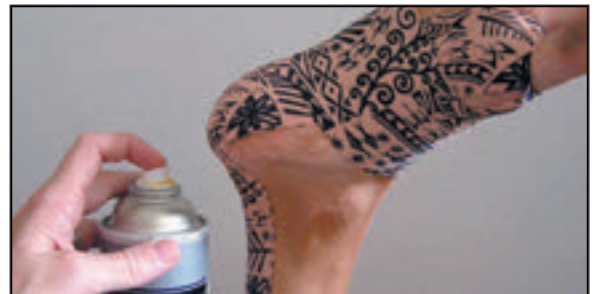
10 - Allow 60-90 minutes before engaging in
vigorous exercise, swimming or bathing



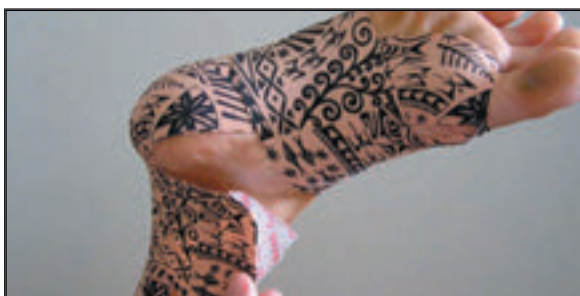
11 - Always use spray on feet and ankles*



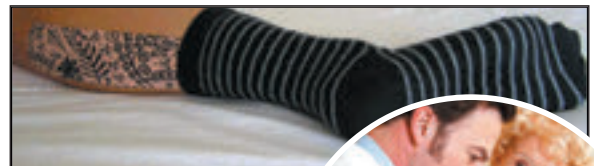
12 - Spray back of first layer before applying the
next layer when overlapping tape*



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



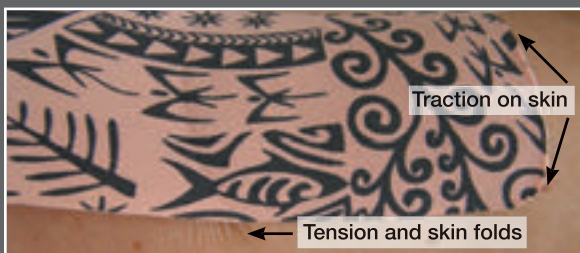
14 - Cover and protect



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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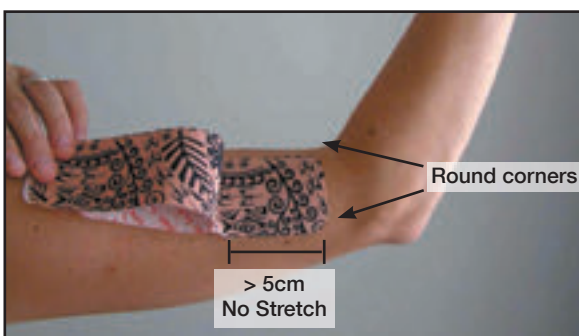
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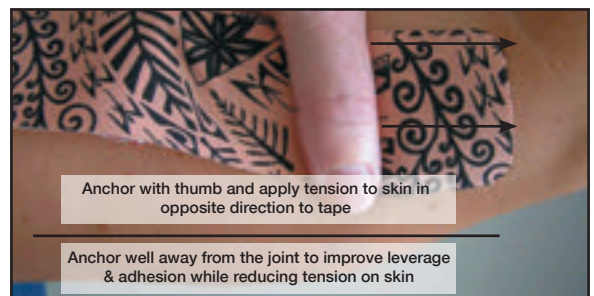
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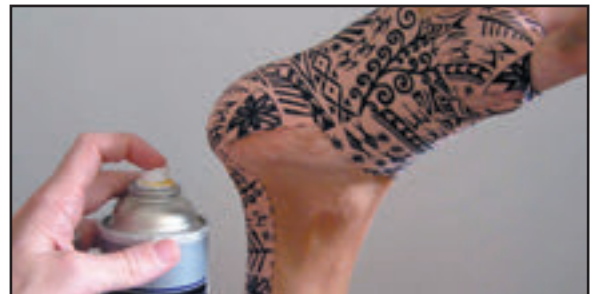
10 - Allow 45-60 minutes before engaging in vigorous exercise, swimming or bathing



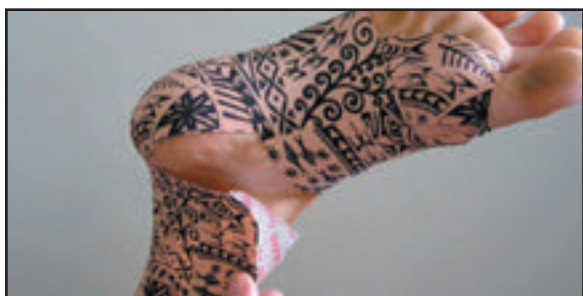
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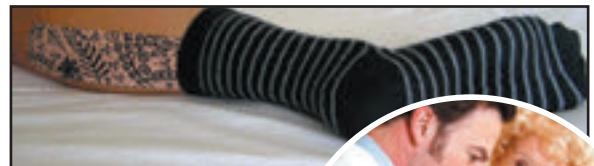
12 - Spray back of first layer before applying the next layer when overlapping tape*



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.



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Contra-indications

- Do not use on frail, broken or sunburned skin or on those with known sensitivity

Caution

- Apply strictly according to directions for use
- Accredited Dynamic Tape training recommended prior to use
- DO NOT stretch strongly. Excessive stretch will result in blisters
- Remove immediately, discontinue use and seek medical advice if itching, burning, stinging, rash, redness or irritation occurs
- Circumferential applications should be applied on an angle to prevent compression of blood vessels and nerves
 - Remove if pins and needles or numbness occurs
- Check product thoroughly if packaging is damaged

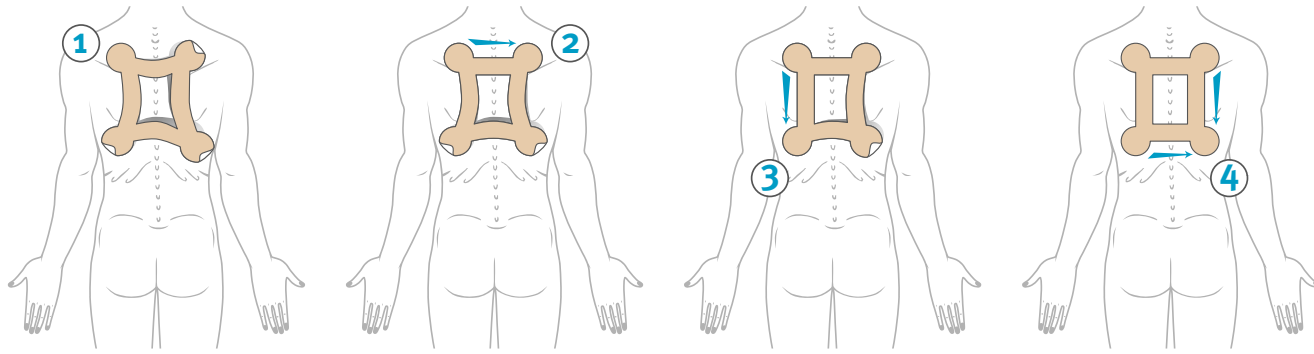
Application

- Remove hair (clippers recommended)
- Clean and dry skin (remove creams, lotions & oils)
- Round off the corners of the tape to reduce lifting
- Place the body part in desired position
- Apply an anchor point of > 4cm with no stretch to avoid tension on skin
- Hold anchor (4cm from end) to minimise traction on the skin and gently stretch tape until resistance is first felt – DO NOT stretch strongly
- Apply the final 4cm of tape with no stretch
- Rub thoroughly to activate the heat sensitive glue
- Allow 45 – 60 minutes before swimming, showering or vigorous exercise
- May remain in place for up to five days as directed
- Remove tape in the direction of hair growth. Hold down skin and peel tape back along itself
- Do not remove when wet

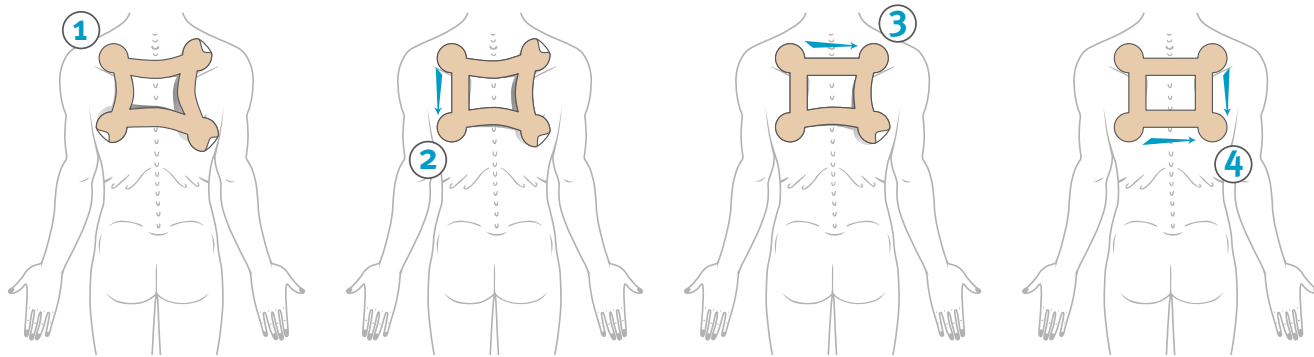
Further Tips

- Use adhesive spray to hasten bonding, around foot and ankle or if overlapping tape (apply on back of first layer)
- Apply a locking strip over foot and ankle applications to improve adhesion and load absorption
- A rigid locking strip (zinc oxide) may be useful around the ends of the tape. This is especially useful on fingers

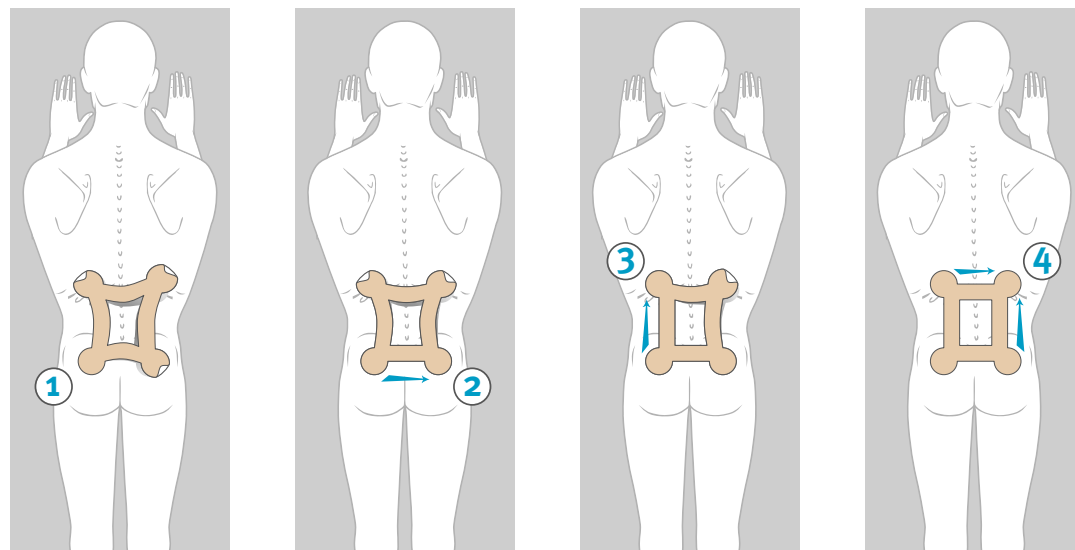
For videos, specific techniques, tips and disclaimer please visit www.dynamictape.com



A



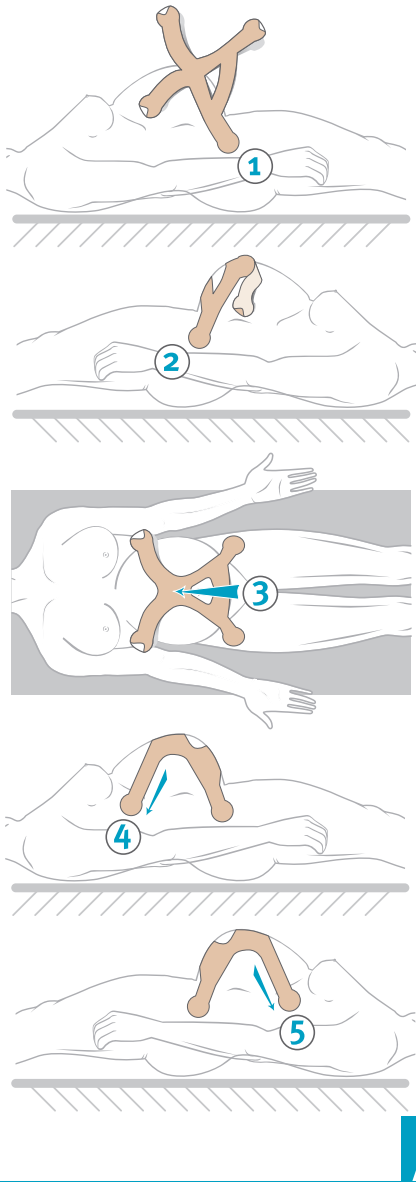
B



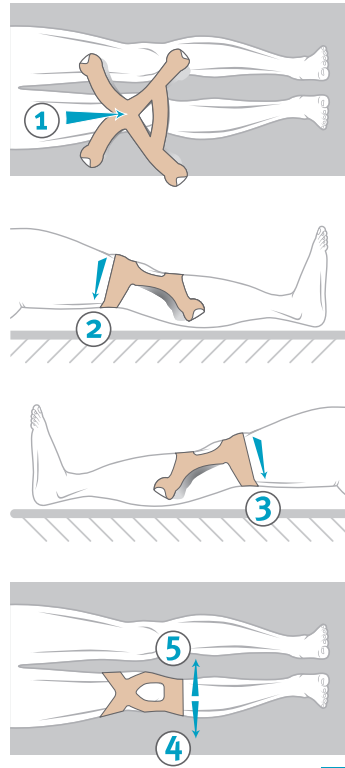
C

PosturePals Box applications:

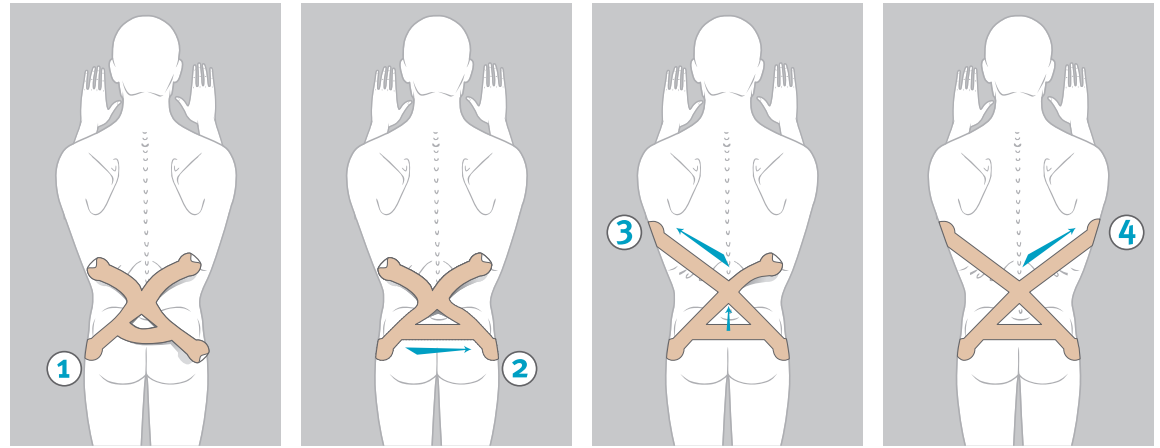
- A - Thoracic Box (vertical application)
- B - Thoracic Box (horizontal application)
- C - Lumbar Box



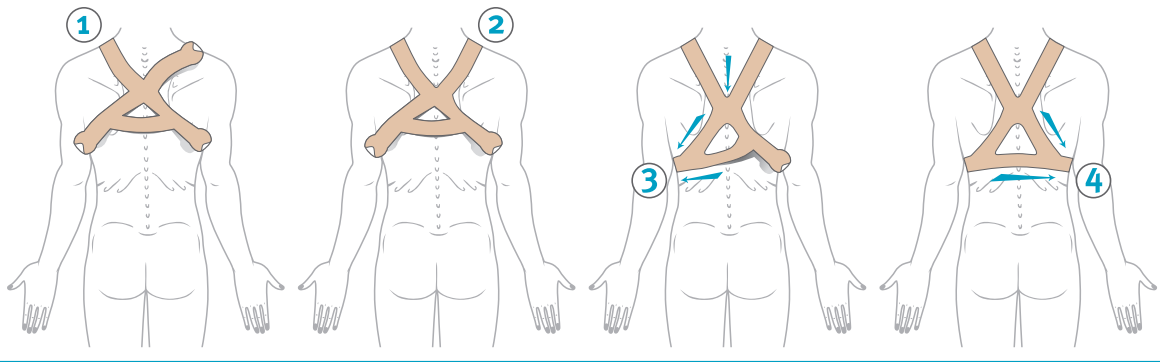
A



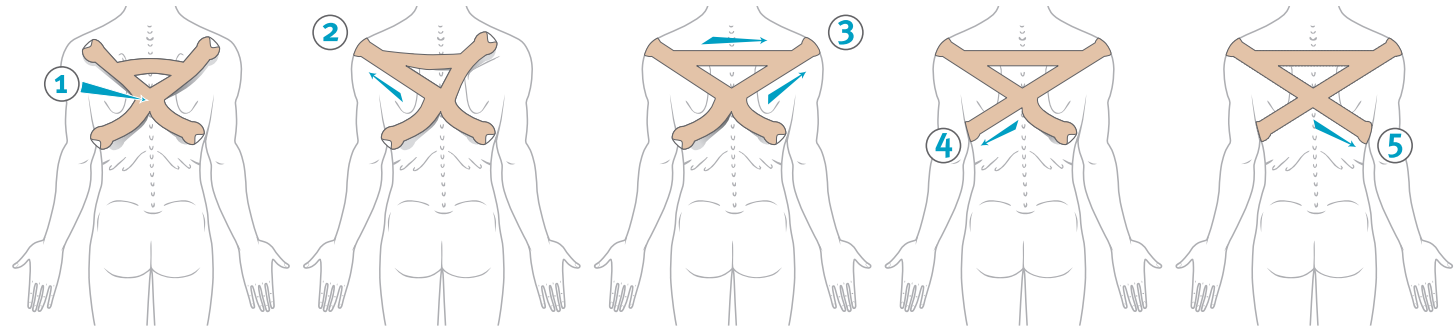
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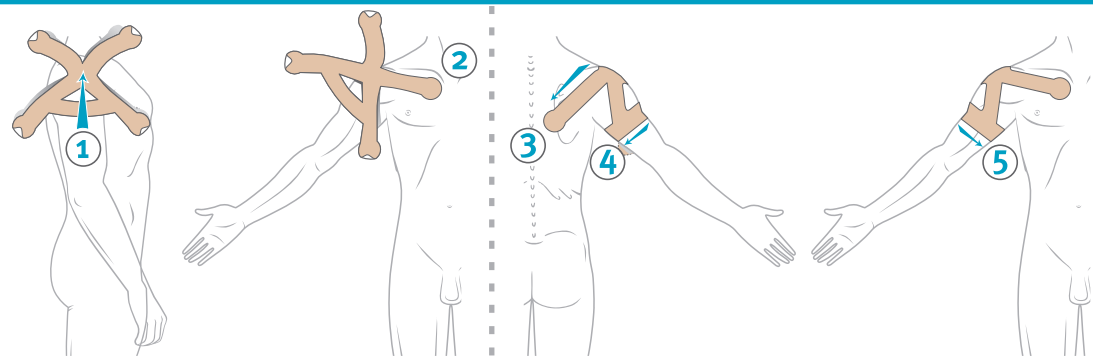
D



E

PosturePals X applications:

- A - Pregnancy X
- B - Knee X
- C - Lumbar X
- D - Inhibitory X
- E - Thoracic X
- F - Shoulder X



F

English - En

Application Guidelines

1. Apply in the position as shown.
2. Ensure that the skin is clean and dry and free from hair, creams and oils.
3. Do not use if you have sunburn, frail or broken skin or known sensitivity to sticking plasters or strapping tape.
4. Slowly and carefully remove one section of the backing paper.
5. Apply one quarter of the PosturePals tape at a time before removing the next section of backing paper.
6. Stretch the tape until some resistance is felt. DO NOT stretch strongly
7. Ensure that the ends of the tape are not stretched and remain circular to reduce the risk of blisters caused by the tape pulling on the skin.
8. Remove immediately and seek medical advice if necessary if any itching, burning, stinging or irritation occurs.
9. PosturePals can generally remain in place for four to five days and will tolerate brief showers.
10. Remove by holding the skin down and gently peeling the tape back on itself.

If you have spinal stenosis, moderate to severe scoliosis or are unsure if this device is appropriate for you, please consult with your health care practitioner prior to use.

Please visit www.posturepals.com prior to use for instructional videos and further information including our waiver/disclaimer and answers to frequently asked questions.

Français - Fr

Instructions pour l'application

1. Appliquer selon la position illustrée.
 2. Assurez vous que la peau soit propre et sèche, sans aucun cheveu, crème ou huile.
 3. Ne pas appliquer sur une peau abimée, fragile ou brulée par le soleil ou sur une peau sensible aux bandages adhésifs ou bandes strapping.
 4. Retirez doucement et prudemment une section de la pellicule protectrice.
 5. Appliquez un quart de la bande PosturePals à la fois avant de retirer la prochaine section de pellicule protectrice.
 6. Tendre la bande jusqu'à ce qu'on sente une résistance. NE PAS tendre fortement.
 7. Assurez vous que les bouts de la bande ne soient pas étirés et restent circulaires pour éviter des ampoules dues à la tension de la bande sur la peau.
 8. Retirez immédiatement et demandez un avis médical si vous ressentez des piquotements, des brûlures ou des irritations.
 9. PosturePals peuvent généralement rester en place pour quatre à cinq jours et supportent de courtes douches.
 10. Retirez en poussant la peau et en decollant doucement la bande sur elle même.
- Si vous avez une sténose vertébrale, une scoliose modérée ou sévère ou si vous n'êtes pas certain que cette bande soit appropriée, consultez votre praticien de santé avant tout utilisation.

Visitez www.posturepals.com avant toute utilisation pour visionner nos vidéos d'instructions ou pour plus d'informations dont nos responsabilités/dérogations et réponses aux questions les plus souvent posées.

Español - Es

Guías de Aplicación

1. Aplicar en la posición como se muestra
2. Asegúrese de que la piel esté limpia y seca y libre de pelo, cremas y aceites
3. No lo use si usted tiene quemaduras de sol, la piel frágil o lesionada o su piel es sensible a parches pegajosos o cintas adhesivas
4. Con cuidado y despacio retirar una sección del papel adjunto a la cinta.
5. Aplicar una cuarta parte de la cinta PosturePals a la vez antes de retirar la siguiente sección del papel adjunto a la cinta.
6. Estirar la cinta hasta que se sienta un poco de resistencia. NO estire fuertemente.
7. Asegúrese de que los extremos de la cinta mantengan su forma circular para reducir el riesgo de ampollas causadas por la cinta tirando de la piel.
8. Retire inmediatamente y busque atención médica si es necesario si hay comezón, ardor, escozor o irritación.
9. PosturePals generalmente pueden permanecer en la piel durante cuatro a cinco días y puede ser resistente al agua si es una breve ducha.
10. Remueva poniendo presión en la piel y suavemente despegando la cinta sobre sí misma

Si usted tiene estenosis espinal, de moderada a severa escoliosis o no está seguro si este aparato es adecuado para usted, por favor consulte con su médico antes de usar.

Por favor, visite www.posturepals.com antes de su uso para los videos de instrucción y más información, incluyendo nuestro derecho de excluirnos de la responsabilidad en el uso del producto. Consulte la sección de respuestas a preguntas más frecuentes.

Eština - Cs

Zásady pro aplikaci "PosturePals" (páska pro korekci správného držení těla) :

1. Lepte v pozici, která je znázorněna (na obrázku).
2. Pokožka, na kterou budete "PosturePals" lepit, musí být čistá a suchá, bez chlupů, nesmí být nakrémovaná ani naolejovaná.
3. Nelepte v případě spálené pokožky, nelepte v případě narušení kožního krytu (odřeniny, nezhojené rány, apod.), ani na pergamenovou kůži. Neaplikujte u lidí s alergickými projevy na lepidlo běžné náplastí nebo na lepidlo pružné pásky (kineziotejpu).
4. Pomalu a opatrně odlepte jednu část krycího papíru.
5. Odlepte jednotlivé části "PosturePals" postupně (nejdříve jeden roh, poté další).
6. Natahujte pásku do příslušného předpětí. Nenatahujte příliš silně!
7. Zkontrolujte, zda konce pásky netáhnou za pokožku příliš (nemělo by být viditelné nařazení kůže, konce pásky by měly zůstat v kruhovém tvaru), zamezíte tak rizika vzniku puchýřů způsobených nežádoucím tahem pásky na pokožku.
8. Okamžitě vyhledejte lékařskou pomoc v případě vzniklého pálení, píchání nebo jiného podráždění pokožky.
9. Obvyklá doba ponechání "PosturePals" na pokožce je 4 až 5 dní, dobu aplikace pásky neohroží krátké sprchování.
10. Při odstraňování pásky stlačujte kůži pod páskou směrem dolů a jemně pásku odlepujte.

U pacientů se spinálními stenózami, středně těžkou až těžkou skoliózou a také u těch, kteří si nejsou o vhodnosti aplikace pásky "PosturePals" jisti, doporučujeme vyhledat odborně vyškoleného terapeuta, který Vám ohledně možnosti aplikace poradí. Seznam vyškolených terapeutů naleznete na www.tejpujeme.cz.

Prosím navštivte naše stránky www.posturepals.com pro zhlédnutí instruktážních videí a nalezení odpovědí k nejčastěji kladeným otázkám.

Deutsch - De

Richtlinien zur Anbringung

1. Anbringung des Tapes in der Position wie dargestellt.
2. Versichern Sie sich, dass die Haut sauber, trocken und frei von Haaren, Cremes und Ölen ist.
3. Nicht verwenden bei Sonnenbrand, zarter oder verletzter Haut oder bekannter Überempfindlichkeit gegen Pflaster oder Tapes.
4. Langsames und vorsichtiges Entfernen der Rückseitenfolie.
5. Bringen Sie zunächst ein Viertel des PosturePals an, bevor Sie den nächsten Bereich der Rückseitenfolie entfernen.
6. Dehnen Sie das Tape bis Sie einen Widerstand spüren. Dehnen Sie das Tape nicht zu stark.
7. Versichern Sie sich, dass die Enden des Tapes rund bleiben, um das Risiko von Blasen der Haut zu reduzieren, die entstehen können, wenn das Tape an der Haut zieht.
8. Beim Auftreten von Juckreiz, Brennen, Stechen oder Hautirritationen, entfernen Sie das Tape umgehend und holen Sie sich wenn nötig medizinischen Rat.
9. Grundsätzlich kann PosturePals 4 – 5 Tage getragen werden und toleriert ebenso kurzes Abduschen.
10. Entfernen Sie PosturePals in dem Sie die Haut leicht zurückziehen und sanft das Tape auf sich selbst zurückziehen.

Sollten Sie an einer Spinalkanalstenose leiden, einer mittel bis stark ausgeprägten Skoliose oder wenn Sie unsicher sind, ob PosturePals für Sie geeignet ist, fragen Sie Ihren Arzt bevor Sie PosturePals anwenden.

Bitte besuchen Sie zuerst unsere Homepage www.posturepals.com und nutzen Sie unsere Instruktionsvideos und weiterführende Informationen sowie unsere Verzichtserklärung und häufig gestellte Fragen.

Svenska - Se

Riktlinjer för användning

1. Applicera i den position som visas.
2. Se till att huden är ren och torr och fri från hår, krämer och oljor.
3. Använd inte om du har solbränna, svag eller skadad hud eller känd överkänslighet mot plåster eller tejper.
4. Avlägsna långsamt och försiktigt en del av stödpaperet.
5. Applicera en fjärdedel av PosturePals teipen åt gången innan du tar bort nästa avsnitt av stödpaperet.
6. Sträck teipen tills ett visst motstånd känns. Sträck INTE starkt.
7. Se till att ändarna av teipen behåller sin cirkulära form för att minska risken för blåsor som kan orsakas av att teipen dra i huden.
8. Ta bort omedelbart och kontakta läkare om så behövs om någon klåda, brännande eller stickande känsla, eller irritation uppstår.
9. PosturePals kan generellt vara på plats i fyra till fem dagar och kommer att tolerera korta duschar.
10. Ta bort PosturePals genom att hålla ner huden (under teipen) och försiktigt dra teipen tillbaka över sig själv.

Om du har spinal stenosis, måttlig till svår skolios eller är osäker på om denna produkt är lämplig för dig, kontakta din läkare eller sjukgymnast före användning.

Besök www.posturepals.com före användning för instruktionsfilmer och ytterligare information, inklusive vår ansvarsfriskrivning och svar på vanliga frågor.