

## 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)



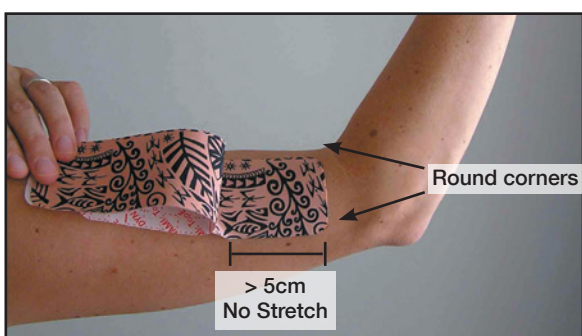
### 3 - Rub to heat skin



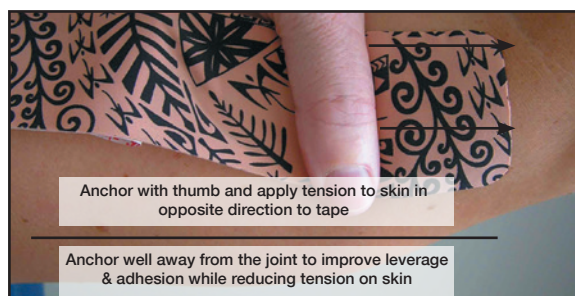
### 4 - Apply Adhesive Spray\*



### 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.

Continued overleaf



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



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



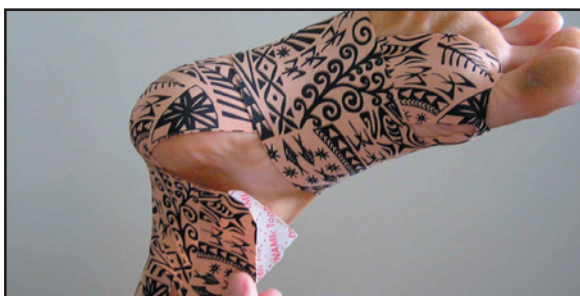
11 - Always use spray on feet and ankles\*



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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## 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](http://www.dynamictape.com)