

yellowTAPE

KINESIOTAPE - INSTRUCTION FOR USE

DESCRIPTION

- Elastic, breathable tape made of cotton
- Stretches up to 140% of its initial length
- Wave-like acrylic coating
- Can stay on skin up to 7 days
- 10% of initial stretch
- Available in several colours
- Available sizes: 5cm x 5m, 7.5cm x 5m
- Foil packaging preventing from humidity and contamination
- Latex-free
- Single-use
- Non-sterile

INDICATION

- For kinesiotaping (dynamic taping)
- Ensures nutrition of tissues and accelerates their recovery
- Improves the biomechanics of movement without restraining joint's mobility
- Reduces pain by affecting sensory receptors



INSTRUCTION FOR USE

- Choose the width of tape adequately to the place of application.
- Cut the strip of desired length off the roll, considering its elasticity and extension appropriate for the type of application.
- Cut the tape into the chosen shape (I, Y, X, fan cut).
- In order to minimise the risk of the tape peeling off, the borders of the tape should be rounded.
- If the place of application is particularly hairy, it is recommended to shave the hair in order to increase adhesion of the tape.
- Cleanse, degrease and dry the place of application.
- Apply the tape in accordance with kinesiotaping principles given by the specialist - with the adequate extensions, beginning and ending of the tape in the correct anatomical spots.
- Beginning and end of the application should always remain without any stretch in order to ensure the stability of the tape.
- The application should be rubbed in order to activate the glue.
- The tape can stay on skin from 3 until 7 days.
- In case of allergic reaction or skin irritation, the tape should be removed.
- In order to remove the tape, gently peel one tip off the skin and then pull whole tape in the direction of hair growth, holding the skin with another hand at the same time.

REMARKS AND WARNINGS

- It is recommended to consult a specialist before first use.
- For single use only. Repeated use may impact the health or life.
- Non-sterile, do not use directly on wounds or damaged epidermis.
- Do not use after the expiry date specified on the packaging
- Do not use if the packaging is damaged.
- The tape should be used in accordance with aseptic principles.
- In case of any signs of allergy such as: irritation, itching or rash, the tape should be removed.
- Observe the application and remove the tape in case of contamination or damage
- Store in dry rooms with a stable temperature within range from +5 to +30 °C and humidity between 30% and 80%. Protect from sunlight and humidity

REF	SIZE	COLOUR	INDIVIDUAL PACKAGING	BULK PACKAGING
YT-55-Y	5 cm x 5 m	yellow	1 pc.	144 pcs
YT-55-S	5 cm x 5 m	skin	1 pc.	144 pcs
YT-55-X	5 cm x 5 m	black	1 pc.	144 pcs
YT-55-P	5 cm x 5 m	pink	1 pc.	144 pcs
YT-55-B	5 cm x 5 m	blue	1 pc.	144 pcs
YT-55-4	5 cm x 5 m	1 x black, 1 x skin 1 x pink, 1 x blue	4 pcs	36 x 4 pcs
YT-755-X	7.5 cm x 5 m	black	1 pc.	96 pcs
YT-755-S	7.5 cm x 5 m	skin	1 pc.	96 pcs

EXPLANATION OF SYMBOLS USED ON THE PACKAGING

	name and address of the Manufacturer
	CE mark
	batch code specifying the production serial number
	product catalogue number
	non-sterile
	single use
	expiration date in format: RRRR-MM-DD
	latex-free
	keep away from sunlight
	keep away from humidity
	storage temperature range
	storage humidity range
	packaging suitable for recycling