

WHY KT TAPE?



KINESIOLOGY THERAPEUTIC TAPE (KT Tape)

is a light elastic tape that can be used for numerous soft tissue-related issues including overuse injuries and inflammation, muscle strains or spasms, and edema (swelling). Thanks to its latex-free adhesive and breathable cotton material, this unique tape is skin-friendly and water resistant. The tape's elasticity enables clinicians to utilize the tape in a variety of applications that address various ailments. These applications are a valuable treatment technique for PTs, DCs, ATCs, MTs, OTs, and other clinicians.

KT Tape applications work by providing one, or a combination, of the following benefits:

- Muscle inhibition or facilitation
- Neuromuscular awareness
- De-loading of pain receptors
- Stimulation and facilitation of the lymphatic system
- Reduction of inflammation
- Proprioceptive support

PRODUCT INFORMATION

In the KT Tape product family, KT Tape Pro is the new choice for clinicians who want more out of a light elastic tape. This product unites exceptional value and quality: each roll includes 25% more tape than others and contains an improved clinically-appropriate adhesive. The superiority of the adhesive resides in the "Step Wave Pattern." This pattern allows for 25% more adhesive and increases the tape's usability around the contours of the body, resulting in increased durability and comfort - even in the water.



GENERAL KNEE PAIN



SHOULDER



HAMSTRING



CALF STRAIN

WHY KT TAPE?



KEY FEATURES

- 100% high-grade cotton: enhances breathability and wearability
- Heat-activated latex-free adhesive: meets needs of even the most sensitive skin and will not deactivate in water
- Elasticity: simulates skin's natural give and stretch – “SecondSkin Effect” – and lasts longer than other tape applications (up to 5 days)
- StepWave adhesive pattern: provides increased durability and comfort
- Stability: supports without restricting range of motion
- Therapeutic effect: lifts and convolutes fascial plane to allow for lymph drainage and rehabilitates with 24-hour pain relief

BENEFITS

- Precut rolls save time and money from custom cutting
- Available in 5”, 10” and 18” I and Edema configurations or Classic uncut tape is available for those who want the capability to custom cut
- 25% more tape per roll versus KT Tape consumer version and other brands



StepWave Adhesive pattern

HOW DOES IT WORK?

For clinicians, it is well known that two critical components of recovery are increasing blood flow and range of motion. Unlike other modalities that do just the opposite, KT Tape provides the same support and stability as other modalities, but without restricting blood flow or limiting range of motion.

KT Tape is applied over and around muscles, ligaments, tendons, and other soft or fibrous tissue to provide lightweight and comfortable support, to prevent injury, and to speed recovery. KT Tape applications deliver these benefits by providing proprioception that signals muscles for facilitation or inhibition, mechanically supporting joints such as the knee or the ankle, approximating connective tissues to relieve stress, or activating the one cell layer-thick lymph system to move fluid. Utilizing these techniques allows inflamed or stressed tissues to have a chance to heal. Additionally, KT Tape provides surface stimulation that increases circulation and widens the neural margin to increase range of motion.

The main difference between application methods is the technique used in stretching the tape – how much stretch you apply, and where you put the stretch in the tape or on



the skin significantly impacts the desired taping effect. Step-by-step video instructions for almost 50 common injury applications are available at kttape.com/instructions, and KT Tape also offers professional education courses for clinicians interested in hands-on learning of the clinical application techniques kttape.com/professional-education.

The development of KT Tape was a highly collaborative effort that included healthcare professionals, our Medical Advisory Board, elite and everyday athletes, and our product design engineers. Together, we developed the most advanced sports tape ever offered.

We look forward to working with you to integrate KT Tape into your clinical services.