**Pregnancy applications**

Watch online instructional videos at www.rocktape.com

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**Instructions**

- Apply on clean, dry skin 10 minutes before activity. Rub vigorously to set adhesive. Never stretch the ends of the tape, only the middle.
- Rocktape can be worn up to five days and is water resistant.
- Store tape in cool, dry place. Allow tape to come to room temperature before applying.

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**Piriformis/Hip Pain**

1. Cut 2 strips of tape about 8" long. Stretch tape horizontally, running one piece over the other as indicated. Apply tape as shown. (unstretched)

**Neck-Postural Stress**

1. Cut 2 strips of tape about 8" long. Stretch tape horizontally, running one piece over the other as indicated. Apply tape as shown. (unstretched)

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**Plantar Fasciitis**

1. Flex foot. Anchor tape to heel and run to ball of foot with no stretch.

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**Rib Pain**

1. Can use fans or strips. Cut 2 strips of tape about 8" long. Run tape vertically, running one piece over the other as indicated. Apply tape as shown. (unstretched)

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**Carpal Tunnel**

1. Place foot in 90° angle. Cut 2 pieces of tape, 0.5" long. Cut tape vertically, 3.4" from end to create "fan". Anchor tape at mid-shin, apply over area of swelling. No stretch.

2. Optional: Apply more "fan" to increase fluid removal.

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**Lower Back**

1. Bend at waist, anchor at glute and run two strips vertically on each side of spine. No stretch.

2. Apply decompression strap over pain in lower back. Stretch tape 50% in middle, no stretch in ends.

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**Sciatica**

1. Lie down with area stretched. Anchor tape at top of glute and run two strips vertically on each side of spine. No stretch.

2. Optional: Apply decompression strap on leg. Stretch tape 30% in middle, no stretch in ends.

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**Baby Belt**

1. Cut 2 pieces of tape about 3 feet long. Anchor tape at the front of the hip. Have individual raise leg and run tape in a spiral pattern around the opposite shoulder blade.

2. Repeat this pattern on the other side.

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**Diaphragm**

1. Cut tape to length as indicated. Apply middle of tape at base of sternum/breast bone. Take deep breath and hold. Apply tape in curve as indicated. Do not stretch ends of tape. Exhale.

2. Repeat this pattern on the other side.

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**Front Sling w/ Baby Belt**

1. Place foot in 90° angle. Cut 2 pieces of tape, 0.5" long. Cut tape vertically, 3.4" from end to create "fan". Anchor tape at mid-shin, apply over area of pain. Stretch tape 50% in middle, no stretch in ends.

2. Apply Baby Belt.

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**Swollen ankles**

1. Place foot in 90° angle. Cut 2 pieces of tape, 0.5" long. Cut tape vertically, 3.4" from end to create "fan". Anchor tape at mid-shin, apply over area of pain. Stretch tape 50% in middle, no stretch in ends.

2. Apply Baby Belt.

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**Pregnancy Tape for Moms**

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**Sacroiliac**

1. Cut 2 strips of tape about 8" long. Rack strap into "fans". Anchor tape at top of glute and run to area above ankle. No stretch.

2. Optional: anchor on top of foot and pull tape from mid-shin to support arch. Use multiple pieces if needed.

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**Start Here**

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**Instructions**

- Always consult your medial professional or therapist for advice. Stop using Rocktape immediately if you see any irritation. These instructions are provided for educational purposes and are not intended to replace medical advice. Muscle and joint pain can indicate a serious condition and you should seek medical care if your pain is persistent.

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