DYNAMIc TapE
The Biomechanical Tape

Blisters and Adhesion

Forces generated by Dynamic Tape are many times higher than that of kinesiology tapes and four-way nylon tapes. Therefore, correct application is essential to obtain optimal adhesion and to prevent reactions. Watch a video

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