








Kinesiology Tape Comparison Chart

Brand	Single Rolls	Bulk Rolls	PreCut Options	Sensitive Skin Option	Average Wear Time	Colors	Price
KTape 	Length: 16' (5m) Width: 2"	Length: 125' (38m) Width: 2"	10' Precuts along with Pro-X Patches and Recovery Patches for Swelling	Products available in Regular, Extreme or Gentle Adhesive	Regular Adhesive: 3-5 days Extreme Adhesive: 4-7 days	20+ Solids, Prints & Limited Editions	\$9-\$80
<ul style="list-style-type: none"> • One of our best-selling brands • KT Jumbo rolls are 20' longer than most other brands and priced lower • Extreme adhesive is designed for wet, extreme conditions • The only brand with a Pro Synthetic option with stronger fabric for longer use • Certain Limited Editions available exclusively at Theratape 							
RockTape 	Length: 16' (5m) Width: 1", 2", 4"	Length: 105' (32m) Width: 1", 2", 4"	4" x 10" Edema Strips	No	Regular Adhesive: 3-5 days H2O Adhesive: 5-7 days	40+ solids & prints	\$18-\$240
<ul style="list-style-type: none"> • One of our best-selling brands • Each package contains a poster with a wide variety of application instructions • H2O adhesive is designed for wet, extreme conditions • Greater elasticity allows it to provide more snap back to assist working muscles • Used either therapeutically or to enhance sports performance. Preferred by many athletes in extreme sports, like CrossFit 							
StrengthTape 	Length: 16' (5m) Width: 2"	Length: 115' (35m) Width: 2"	- 16' rolls of 10" precut strips, - 6 individually packaged precut taping kits for different body parts	No	5-7 days. Strongest adhesive available	10 solid colors	\$7-\$80
<ul style="list-style-type: none"> • Assists with pain relief and anti-inflammatory benefits • Not recommended for those with sensitive skin • Extra sticky adhesive recommended for ultra-endurance events and extreme conditions 							
Kinesio Tape 	Classic Length: 13' (4m) Width: 2" FP Length: 16' (5m) Width: 1", 2", 3"	Length: 103' (31.5m) Width Classic: 2" FP: 1", 2", 3"	6 different precut applications that are essentially a collection of precut strips of different sizes, appropriate for different body parts. Precut fan strips in 2" x 12" and 3" x 12" sizes	No	3-5 days	5 solid colors	\$5-\$69
<ul style="list-style-type: none"> • The original kinesiology tape company, started by Kenzo Kase • Standard single and bulk rolls are available in 5 colors and 2 types – Classic and FP (Fingerprint) • Each pack comes with a small application instruction insert 							

SpiderTech 	Length: 16' (5m) Width: 2"	Length: 103' (31.5m) Width: 2"	- 16 different precut applications for different body parts - X, Y and I PowerStrips - 1" x 6" I Strips - 2" x 8" X Strips - 2" x 8" Y Strips	Entire product line available in regular or Gentle Adhesive	3-5 days	4 solid colors	\$7-\$80
<ul style="list-style-type: none"> • SpiderTech Precut applications are a great way to start for those with no taping experience • Preferred by some health professionals because they save time not having to cut and design applications 							
PerformTex 	Length: 16' (5m) Width: 2"	Length: 103' (31.5m) Width: 2"	No	PerformTex Pediatric Tape	3-5 days	6 solid colors + monkey pattern (Pediatric)	\$8-\$50
<ul style="list-style-type: none"> • Patented adhesive pattern is said to increase depth of penetration into fascial layers • Very good value for the money 							
Kindmax 	n/a	n/a	8 unique precut applications for - Calf/Achilles - Elbow - Foot - Knee - Lower Back - Neck - Shoulder - Wrist	No	3-5 days	Black & beige	\$5.99
<ul style="list-style-type: none"> • Excellent value compared to other precuts • Available exclusively from Theratape 							

* All brands available at www.theratape.com – discounts for health professionals, schools and coaches

For detailed brand information, application instructions and videos, visit www.theratape.com/education-center

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