

## Application Instructions - Kinesio Tape Precut NeckTape

### General Instructions

Assistance is recommended to apply this application. Before applying, make sure skin is clean and dry. After applying, rub tape briskly to activate adhesive. It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.

#### Step 1



This package contains enough tape for 2 applications. Take one beige Y-strip. If necessary, use cutting guides on tape backing to cut strip to correct length. Tear backing at tear line, then remove backing paper from end of strip.

#### Step 2



Apply base of tape along center of spine, 4-5" below base of neck. With head tilted forward and to the left, apply right tape tail upwards along right side of neck, ending below hair line. Be careful not to apply tape over loose hair. After applying, rub tape to activate adhesive.

#### Step 3



With head tilted forward and to the right, apply left tape tail upwards along left side of neck, ending below hair line. Be careful not to apply tape over loose hair. After applying, rub tape to activate adhesive.

#### Step 4



Cut black I-strip in half where backing says "tear paper here." This creates an additional I-strip for a 2nd application. Tear backing across center of tape, then begin removing backing in both directions to expose middle portion of tape. Holding both ends of the tape, apply a slight stretch, then apply tape horizontally over most painful area. To avoid skin irritation, apply ends with no stretch.