



KINESIOLOGY PRE-CUT TAPE INSTRUCTIONAL INSERT



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NOT MADE OF NATURAL RUBBER LATEX
Note: If rash develops or pain persists,
discontinue use and consult your physician.



Mueller
Mfg. & Mktd. by:
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BEFORE YOU BEGIN:

- Be sure skin is clean, dry and free from lotions and oils
- Pay close attention to stretch (or tension) of the tape when applying. You will see instructions describing — no stretch, light stretch, medium stretch, and full stretch
- When applying tape, rub to create friction. The heat makes adhesive stronger
- **For best results, have someone apply tape for injured person**

Mueller® Pre-Cut Kinesiology Tape is available in 9.75" "I" Strips that can be cut to create the other basic shapes for application:



"I" Strip
Leave pre-cut tape as-is. Tape may be shortened if necessary by cutting ends to size.



"Y" Strip
Cut the pre-cut strip down the center from one end toward middle of strip approximately 6".



Fan Shape
Cut end of pre-cut strip in four equal strips approximately 3" from end toward middle of strip.

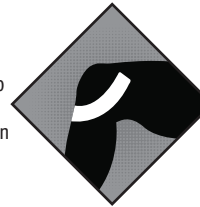


X Shape
Cut each end of the pre-cut strip approximately 3" inches from end leaving several inches in the center un-cut.

NOTE: Muscle and joint soreness can be indications of serious medical problems that should be diagnosed by competent medical professionals. These instructions are not meant to replace professional treatment. All information provided is for educational use and is not intended to be used in place of professional care.

RUNNER'S KNEE (Patellar Tendonitis) "I" Strip

- 1) Use Pre-Cut "I" Strip
- 2) Extend the knee with patellar tendon as landmark.
- 3) Tear the backing in the middle of tape and apply with full stretch across the bottom of the knee cap.
- 4) Bend the knee to a 90° angle and continue stretching tape in a U shape while gently lifting the knee cap. Apply the ends of the tape to the outside and inside of the knee.
- 5) Complete the U shape and gently smooth out the ends on each side, without any stretch.

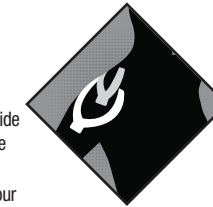


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ROTATOR CUFF INJURIES

Two "Y" Strips

- 1) Create two "Y" strips by cutting Mueller Pre-Cut Kinesiology Tape down the center toward the middle of the tape approximately 6" from the end.
- 2) Locate the bony prominence at the top of your shoulder. Move just to the outside and just in front of the bony prominence to the area of soft tissue is where the rotator cuff inserts into the upper arm. This is your starting point.
- 3) Tear the end of the tape and remove the backing, lay this anchor point over your starting point.
- 4) Place the arm behind the small of the back, which allows the muscle to be on a stretch.
- 5) With medium stretch, apply one tail of the "Y" along the edge of the trapezoid muscle.
- 6) Lay second strip below the bony ridge of the shoulder blade with medium stretch. Gently rub to activate adhesive.
- 7) Apply the base of the second strip with light stretch to the deltoid.
- 8) One tail of the "Y" is applied to the front of the shoulder with arm raised and slightly back. Gently rub tape when in position.
- 9) The second tail is applied to the back of the shoulder with the arm raised reaching across the body and down.

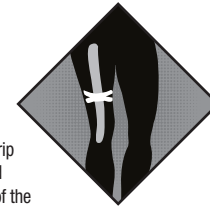


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HAMSTRING INJURIES

"I" Strip & "X" Strip

- 1) Use one Pre-cut "I" strip. Cut an "X" Strip by cutting each end toward the center of the strip, leaving about 2" un-cut in the middle.
- 2) Apply anchor of "I" Strip to the origin of the hamstring at the base of the gluteous.
- 3) Apply tape with no tension until you get to the site of pain, increase stretch over injured area
- 4) Take "X" strip. Tear middle of paper and apply over desired area with full stretch in the middle.
- 5) Lay tails with no stretch and rub into place.

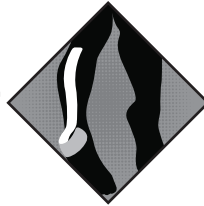


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ACHILLES TENDINITIS

Two "I" Strips

- 1) Use two Pre-cut "I" strips.
- 2) Anchor an "I" strip on the bottom of heel.
- 3) Flex foot forward to stretch the Achilles tendon.
- 4) Without stretching the tape, lay an "I" strip down over tendon.
- 5) Fully stretch the middle section of an "I" strip and apply so it cradles the heel.
- 6) With no stretch on the tape, apply remaining ends of "I" strip.



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PLANTAR FASCIITIS

"I" Strip with a fan cut

- 1) Use Pre-cut "I" strip.
- 2) Stretch calf so foot pulls toward your nose.
- 3) Cut four strips at one end of tape leaving uncut enough tape to cover the heel.
- 4) Keeping the foot flexed, peel the backing from the uncut end and anchor the tape just above the heel.
- 5) Apply full stretch down the back of the heel on the Achilles tendon, smooth the tape in place as you go.
- 6) Once the tape is in place over the heel, peel off the individual strips one at a time and place them with no stretch along the arch of the foot, fanning them out.

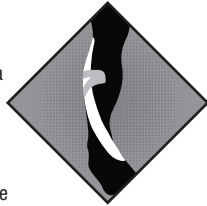


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SHIN SPLINTS

"I" Strip & "Y" Strip

- 1) Use one Pre-cut "I" strip and cut a small "Y" strip by cutting Mueller Pre-Cut Kinesiology Tape in half, then take one half and cut down the center toward the middle of the tape approximately 3" from the end.
- 2) Extend knee and move your ankle slightly inward.
- 3) Tear a small anchor to attach below the knee.
- 4) Keep the muscles extended and lay the strip from the outside of the lower leg across the shin to the base of the big toe.
- 5) Take your small "Y" strip. Anchor on the shin at the area of soreness.
- 6) Tear the anchor and lay the tails of the "Y" in place with light stretch tension.



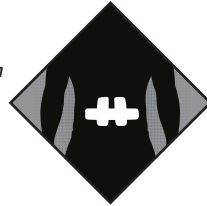
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BACK PAIN

Three "I" Strips

(Requires additional person for application)

- 1) Use three Pre-cut "I" strips.
- 2) Place "I" Strip horizontally across lower back 2"-3" from either side of the spine.
- 3) Cut middle section of tape.
- 4) While bending forward at the waist, fully stretch the middle section and apply over the point of pain.
- 5) Apply second and third "I" Strips on either side of spine, anchoring with medium stretch at center.



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CARPAL TUNNEL SYNDROME

"I" Strip

- 1) Use one Pre-cut "I" strip.
- 2) Fold the tape over about an inch from the end.
- 3) Cut two diamond shapes in the tape.
- 4) Tear backing off just above the cutouts to create the anchor
- 5) Place the middle and index fingers through diamond holes. Anchor the end of the strip on the back side of hand. Bring the wrist to full extension. Lay the tape down with no stretch, watching for creases.
- 6) You should see wrinkling of tape as you flex the wrist.
- 7) For added support, you can do the same thing with another Pre-cut "I" strip and lay it down on the back of the hand and wrist.



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MUELLER
SPORTS MEDICINE

KINESIOLOGY PRE-CUT TAPE

Helps provide support to muscles and joints without limiting range of motion.

Pre-Cut Strips For Easy Application

Breathable And Water Resistant

Helps To Maintain Flexibility

Wave Pattern Adhesive

Wearable Up To 5 Days