



Kinesio Wear and Care

Kinesio Tex[®] (Classic and Finger Print) Tape is breathable cotton tape. It does not contain Latex or medicine. It is used to strengthen and/or relax cramped muscles, decreases pain and swelling, increases body awareness and supports joints.

Wearing Tape:

- It may stay on for 3-5 days for Classic Tape and 5-7 when using Finger Print (FP) Tape
- Monitor skin for signs of irritation: this could be itchy at the site, or simply irritable disposition
- Tape can get wet in shower/bath; pat to dry
- Do NOT use a hair dryer over tape
- If edges roll up, CAREFULLY trim loose edge with scissors ALWAYS looking at the side of adhesive

Removing Tape:

- Remove carefully to avoid ripping skin
- Soak tape with baby oil, olive oil, coconut oil, avocado oil, or remove when tape is wet
- Gently loosen edge going with direction of hair
- Push skin away from tape
- Rub skin as tape is removed to decrease sensitivity
- Follow with lotion to soothe if needed

Contact your clinician with any questions or concerns.

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