



Taping Guide

ARES KINESIOLOGY TAPE

- > *General Instructions*
- > *Basic Taping Skill*
- > *Clinical Taping Skill*

SAMPLE

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What is ARES Tape?

Ares Kinesiology Tape is an elastic therapeutic and sporting tape for Kinesiology Taping Method, which is worldwide technique being used in many sporting fields as successfully as with patients in a physiotherapeutic setting.

Ares Kinesiology Tape is designed to the same thickness and elasticity of the epidermis (out layer) of the skin with longitudinal stretch of 160~180% of its resting length.

Ares Kinesiology Tape is used in treatment of muscle, fascia and tendon symptoms and for performance enhancement by way of continuous receptor stimulation.

Natural healing process is therefore instantly enhanced due to improved circulation in the taped area.

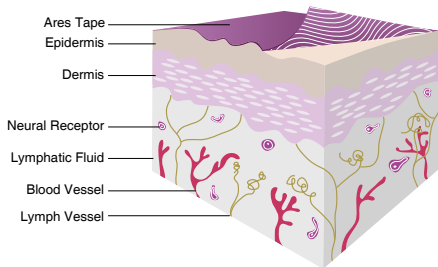
- >Treat Muscle Pain
- >Prevent Joint Arthritis
- >Strengthen Performances

When a muscle is inflamed, swollen, or stiff, the space between the skin and the muscle is compressed, resulting in constriction and congestion to the flow of lymphatic fluid and blood circulation. This compression applies pressure to the pain receptors located in the space between the skin and the muscle, which in turn relays discomfort signals to the brain resulting in the sense of 'pain' of affected area.

If you stretch the skin of the affected area before the application of **Ares Kinesiology Tape** the taped area will form wrinkles when the applied area is back to its normal or neutral position. The wrinkling effect formed by **Ares Kinesiology Tape** is essential since this lifting of the skin creates more space for lymph and blood flow. Therefore the lymph drainage as well as blood circulation in the affected area can be improved effectively through taping application.

Eventually, the friction between the tissues beneath the skin is decreased due to the promoted movement of lymphatic fluid and blood circulation. Pain is reduced because the pressure on the pain receptors is lessened. The end results are believed to be reduced muscle fatigue, increase in range of motion (ROM), and better quality of muscle contraction.

< Condition after Taping Method with Ares Tape >



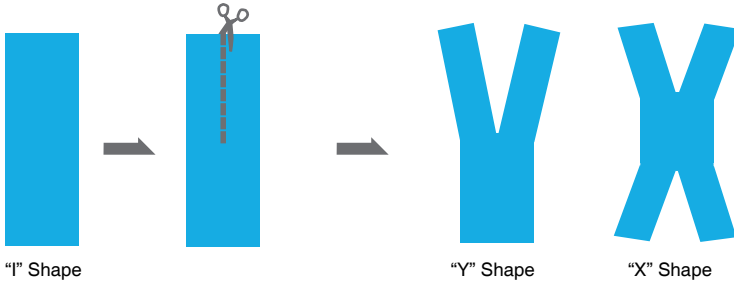
1. ARES tape lifts the skin with convolution effect.
2. Interstitial space gets enlarged.
3. Blood/ lymph circulation is improved.
4. Inflammation reaction is reduced.
5. Muscle activities are enhanced with reduced pain.



ARES TAPE applied on bruise

General Instructions

Tape Shapes

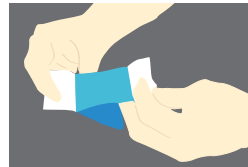
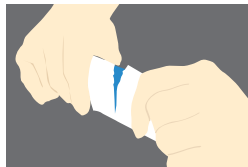


> Be sure the skin is free from oils, lotions, and moisture before applying.

> Cleaning the skin with alcohol will ensure a strong adhesive bond.



< OR >



<Anchored at the end>

Remove 2' of paper from end of tape and apply.

<Anchored from middle>

Tear paper in middle and peel back paper to expose middle section of tape.



Always attach the last 2' without stretching tape.

To ensure proper setting of the adhesive, rub hand over tape to secure the edges.





Section 1

Neck / Shoulder / Upper arm





Requires;

1 piece of Y tape

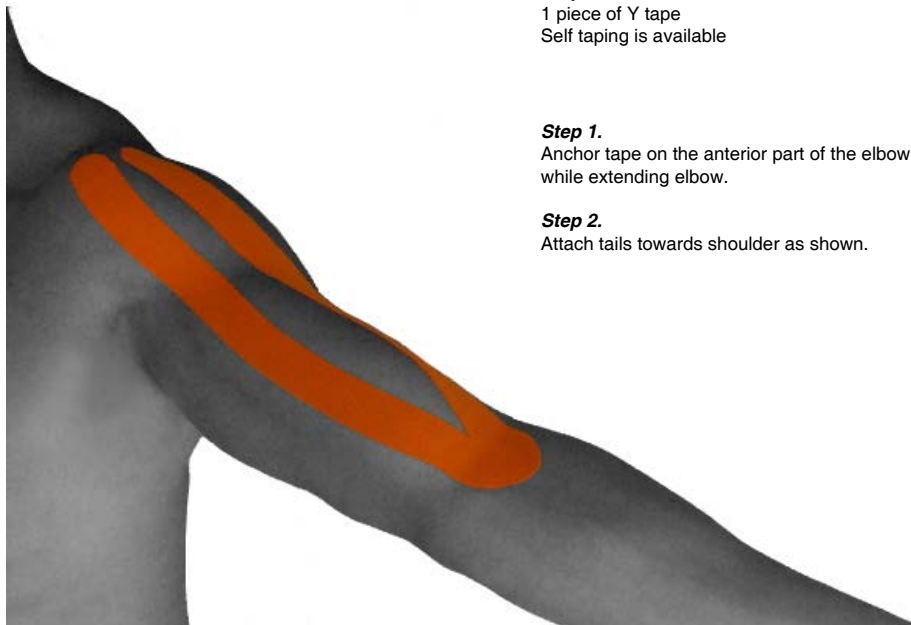
Self taping is available

Step 1.

Anchor tape on the anterior part of the elbow while extending elbow.

Step 2.

Attach tails towards shoulder as shown.



Front Neck Pain



Step 1

Requires;

3 pieces of Y tape
Partner for taping



Step 2

Step 1.

When painful during forward bending of neck, anchor the base at the center of the chest and apply two tails of Y tape just under the both jaws with neck bending backward.

Step 2.

When painful during rotation of neck, anchor the base of the tape below earlobe and apply two tails to the front of clavicle placing next to each other with neck rotating to the opposite direction.

Step 3.

Repeat the same for the opposite side of the neck.

General Shoulder

Requires;

1 piece of Y tape

Self taping is available



Step 1



Step 2

Step 1. Place the base of I strip at the upper arm and adhere the front tail towards front shoulder while placing the hand at the back.

Step 2. Place the back tail at the back of the shoulder while holding the hand on the opposite shoulder.

Step 3. No stretch is applied during application.

Lateral Neck Pain (Sternocleidomastoid)

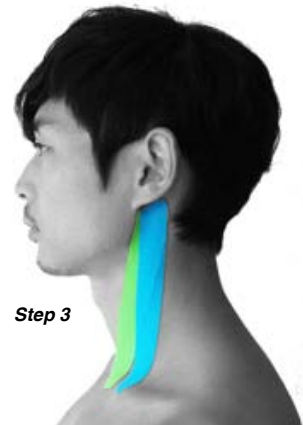
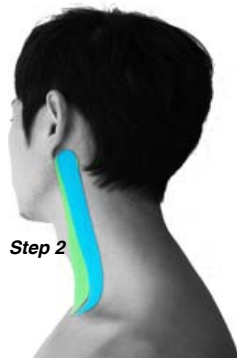
Requires;

2 pieces of I tape
Partner for taping

Step 1. Place the base of "I" strip at the front clavicle and the tail just behind the earlobe while turning the neck to the right.

Step 2. Place the base of another "I" strip just lateral side of the first "I" strip base.

Step 3. No stretch is applied during application.



Neck Stiffness

Requires;

1 piece of Y tape

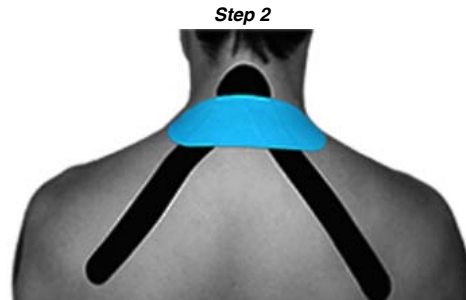
1 piece of I tape

Partner for taping

Step 1. Place the base of a Y tape at the upper part of the neck.

Step 2. Extend tails outward to each side of spine while bending the neck forward.

Step 3. Place the last piece of tape over the strained area of the neck horizontally with light stretch in the middle and no stretch in both ends.



Neck & Shoulder 1

Requires;

2 pieces of I tape
Partner for taping

Step 1. Place the base of I strip at the upper part of the neck and the tail to the lateral part of the shoulder while turning the neck to the opposite side.

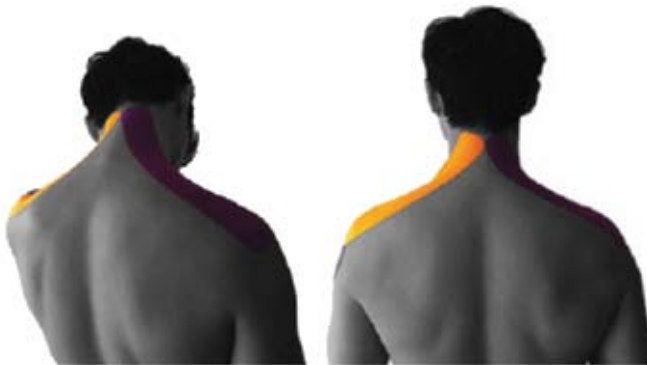
Step 2. Repeat the same for the opposite side while turning the neck to the other side.

Step 3. No stretch is applied during application.

Step 1



Step 2



Requires;

1 piece of I tape
1 piece of Y tape
Partner for taping



Step 1



Step 2

Step 1. Attach I tape horizontally running the back of the shoulder.

Step 2. Anchor the base of the Y tape on the top of the shoulder.

Step 3. Put the upper tail toward the upper side of the neck and the lower tail down toward the lower spine.

Posterior Neck Pain 1

Requires;

2 pieces of I tape
Partner for taping

Step 1.

Apply two I tapes alongside the spine below the hair line towards the back while bending the neck forward.

Step 2.

No stretch is applied during application.



Posterior Neck Pain 2

Requires;

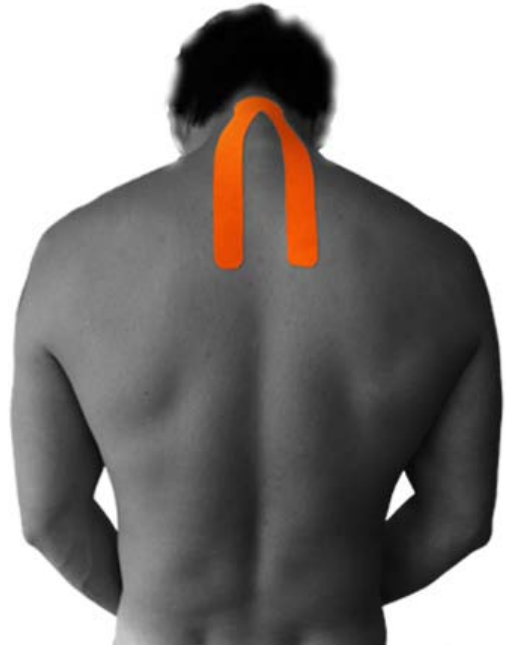
1 piece of Y tape
Partner for taping

Step 1.

Anchor the base of Y tape at the upper neck below the hair line and apply two tails beside the spine as shown while bending the neck forward.

Step 2.

No stretch is applied during application.



Posterior Upper Shoulder



Requires;

1 piece of X tape
Partner for taping

Step 1.

Place X tape over the upper part of the posterior shoulder over the painful area with mild stretch applied at the center of the tape.

Step 2.

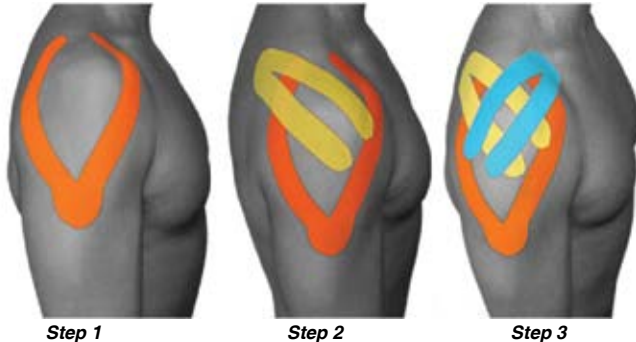
Repeat the same taping for the opposite side of the shoulder when necessary.

Shoulder Contusion

Requires;

3 pieces of Y tape

Partner for taping



Step 1. Attach the base of I tape(**orange**) on the 1/3 of upper side of the shoulder.

Step 2. Attach the front tail to the anterior part of the shoulder while extending the elbow.

Step 3. Attach the rear tail to the posterior of the shoulder while placing the hand to the other shoulder.

Step 4. Relax the shoulder and attach two Y tapes at the center of the contusion part crossing each other as shown in the picture.

Triceps Brachii



Requires;

1 piece of Y tape
partner for taping

Step 1.

Place the base of Y tape at the back of the elbow and adhere the two tails to the shoulder covering Triceps while flexing the elbow upward.

Step 2.

No stretch is applied during application.



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