



## Mini-Guide for Taping Methods

Please visit [www.aresports.com](http://www.aresports.com) for instructional videos and the latest Ares tape information.

### Before taping gaffer

- your Ares tape
  - a pair of Ares scissors specialized for taping methods
- In some instances, you will also need a partner to help you complete the taping process.

### GENERAL TAPING INSTRUCTIONS

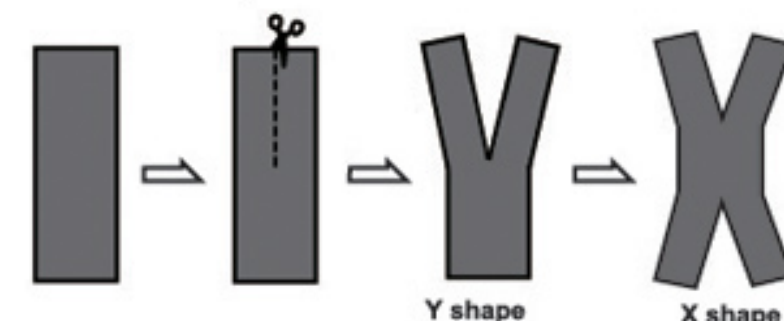
1. Determine where fatigue or soreness is located. Because some areas are hard to reach, you may need a partner to help you with the taping.
2. Swab the area with a cleanser, such as alcohol, before applying Ares tape. Make sure the area is dry, clean and free of lotions and oils. It's OK if the area isn't 100% clean, the only thing that may happen is that your tape peels off a little early.

3. Explore the muscle group with your fingers to determine which way the muscles run in the area. Fully elongate the muscle by bending the knee, elbow, hand or other body part to be taped.
4. Cut off an appropriate length of tape. Depending on the area you're taping, you may need multiple pieces of tape.
5. Rip the tape about 2 inches from the end of the tape and remove the 2 inches section of the backing.
6. With the muscle elongated, anchor the 2 inches of exposed tape at the base of the area you are taping. Don't stretch the tape while anchoring it. Rub the anchor point tape firmly with your hand. The heat from your hand will help activate the adhesive.
7. With the 2 inches anchor section firmly in place, carefully peel off the backing from the rest of the tape. Gently lay the tape on the area where you want to apply it, but do not yet rub it into place.

8. With the muscle still elongated, give the tape a little stretch and firmly lay it on the area where you want to enhance performance, promote blood flow or alleviate pain.
9. Rub the tape firmly to ensure the heat from your hand has activated the adhesive.
10. That's all there is to it!

### TAPE SHAPES

#### Standard Shape



### CAUTION

Never use Ares tape over an open wound or as a first aid bandage. If you sense any discomfort, allergic reaction, soreness, redness or skin irritation, discontinue use of Ares tape immediately. Some people are allergic to adhesives found in bandages and Ares tape uses a similar adhesive.

The instructions we provide here and on our website are for illustrative purpose only. They are not meant to replace professional medical advice. If you are suffering from a medical problem you should immediately contact your physician. Muscular and skeletal problems are often indicative of serious health issues and you should seek treatment from your Doctor or Therapist.

### Achilles Tendon

Requires:  
1 piece of I tape  
1 piece of Y tape  
Self-taping is available

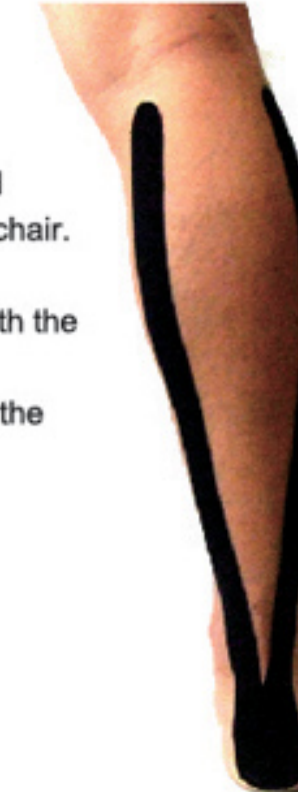
1. Stand with legs placed shoulder-width apart.
2. Anchor Y-strip of tape at heel. Run tape up the sides of calf as pictured.
3. Apply second piece of tape horizontally on Achilles tendon.



### Cyclists Calf

Requires:  
1 piece of Y tape  
Self-taping is available

1. While standing on one foot, bend the other knee and place it on a chair.
2. Anchor the tape at the heel.
3. Stand upright and flex the calf with the tape.
4. Apply the tape way to just under the back of the knee.



### Shin Splint

Requires:  
2 pieces of I tape  
Self-taping is available

1. Place I tape at the outside of the foot towards the shin while pointing the foot downwards.
2. Apply another I tape at the inside of the foot towards the medial side of the lower leg as shown while maintaining the foot pointing downwards.



### Ankle

Requires:  
5 pieces of I tape  
Self-taping is available

1. Sit on the floor with leg extended, foot relaxed.
2. Apply a short piece of tape horizontally below the ankle.
3. Anchor another piece of tape to the foot as indicated and run it over the ankle and up the leg to just below the side of the knee.
4. Apply the third piece of tape, anchoring at the bottom of the foot and running up the side of the leg to mid-calf.
5. Take two more short pieces and apply and X on the top of the foot.



### Runners/Cyclists Knee

Requires:  
3 pieces of I tape  
Self-taping is available

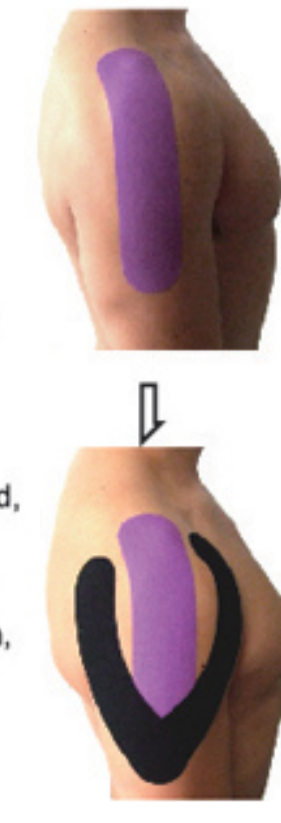
1. While seated on the floor extended your leg in front of you and raise the knee slightly, so it is at approximately a 45 degree angle.
2. Anchor the first piece of tape firmly in place just above the knee cap.
3. Without stretching, run the tape in a semi-circular pattern from the top of the kneecap to just below the knee cap. Rub the tape firmly.
4. Repeat on the other side of the kneecap.
5. For additional support, place another piece of tape horizontally just below and/or above the kneecap.



### General Shoulder Pain

Requires:  
3 pieces of I tape  
Partner for taping

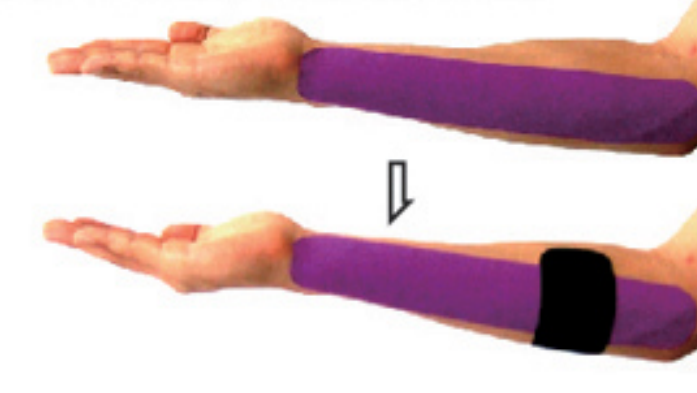
1. Raise arm straight out to the side, supporting it to keep it level with the shoulder.
2. Have your taping partner anchor the tape securely on the top of the shoulder, and without stretching the tape, run it down to the mid-arm.
3. With arm still extended and supported, anchor the second piece of tape mid-arm, where the first piece ends. Apply tape to the backside of the arm, ending just above the armpit. Rub tape firmly.
4. Using the third piece of tape, repeat step above for the front of the arm.



### Golf Elbow

Requires:  
2 pieces of I tape  
Self-taping is available

1. Hold arm out in front of you with hand about chest high.
2. Anchor tape securely to the heel of your hand.
3. Apply the tape towards the elbow on the inside of the forearm, ending slightly above the elbow. Rub tape firmly.
4. For additional support, wrap another piece of tape horizontally on forearm just below the elbow.



### Tennis Elbow

Requires:  
2 pieces of I tape  
Self-taping is available

1. Hold affected arm in front of you so your hand is about chest high.
2. Anchor tape securely where your wrist and arm connect, close to the "V" of your hand where your thumb and index finger meet.
3. Run the rest of the tape toward the elbow, on the outside of the forearm, ending slightly above the elbow. Rub tape firmly.
4. For additional support, wrap another piece of tape horizontally at the elbow.



### Lumbar Pain in Lower Back

Requires:  
3 pieces of I tape  
Partner for taping

1. Bend forward with hands placed on knees.
2. Anchor one piece of tape horizontally across the lower back.
3. Take two or more pieces of tape and create an X shape directly over the most painful area.

