



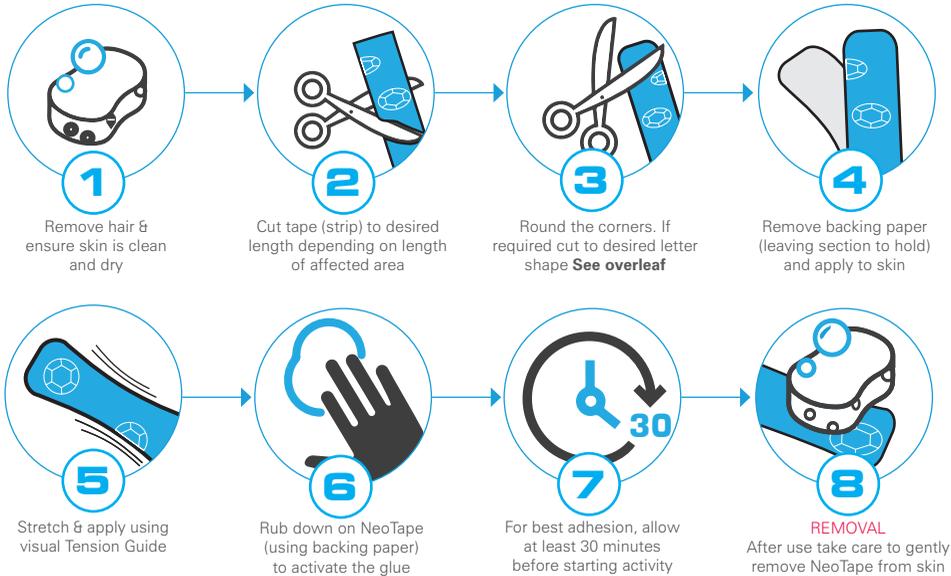
For Step-By-Step instructions visit:
www.neo-g.info

NEOTAPE

LIFESTYLE & SPORTS THERAPY AID

HOW TO APPLY

Apply NeoTape 30 minutes before activity, limiting movement where possible to allow for adhesion. After use, gently remove NeoTape.



COMMON USES





COMMON USES HOW TO APPLY



READ BEFORE USE

The indications outlined may not be suitable for your condition, before use consult your doctor/medical professional or therapist for advice. It is recommended to test tape on a small area of skin first before use. If you experience any irritation stop using tape immediately. For best adhesion remove hair on affected area and apply tape to clean, dry, intact skin. **Please consult a physician before use if undergoing special medical care. Do not use if being treated for Cancer, Kidney Disease, Congestive Heart Failure, Deep Vein Thrombosis or infections. Do not use if pregnant. Do not expose to open flames, Do not use on open wounds or damaged skin.** Take care to gently remove tape from skin. Ensure to read leaflet/instructions before use. *To prolong product life during wear do not submerge in water for long periods of time. For best adhesion avoid touching glue or repositioning tape

VISUAL TENSION GUIDE

Use the Visual Tension Guide to help ensure the NeoTape is being applied at the correct tension. Stretch NeoTape until the circle/hexagon appear correctly as per the as below guides:



When the circle is not in proportion the NeoTape is at **100% TENSION**



When the circle is in proportion the NeoTape is at **120% TENSION**



When the hexagon is in proportion the NeoTape is at **140% TENSION**

CALF



1. Cut strip into a Y-Shape, apply base of strip to achilles tendon with no stretch.
2. Apply 120% stretch to each branch and apply to either side of the calf muscle.
3. Rub down using the backing paper to ensure smooth contact with the skin

ANKLE



1. Cut strip into X-Shape, apply middle part to pain point then stretch each branch to 120%.
2. Cut strip into W-Shape, apply base of strip above ankle joint. Stretch the 4 branches downwards to cover pain point.
3. Repeat step 2 for strip three on opposite side of leg.
4. Apply strip 4 (I-Shape) on to side of leg, apply stretch 120% across the pain point

KNEE



1. Cut strip 1 (I-Shape) apply 120% stretch to middle of strip and apply below knee cap, apply with no stretch.
2. Cut the strip (I-Shape) apply anchor point to side of leg. Apply 120% stretch downwards on the outside of kneecap.
3. Apply 140% stretch across knee below strip one
4. Repeat for the strip 3 on the other side of leg

ELBOW



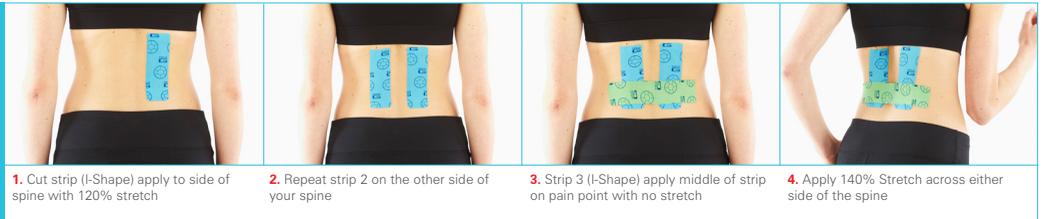
1. Cut strip 1 in to an X-shape, apply middle part to pain point on elbow with no stretch. Apply 120% to four branches.
2. Cut strip 2 in to a Y-Shape and apply to base with no stretch, apply branches with 120% to either side of elbow.
3. Cut strip 3 into a I-Shape and apply 120% stretch middle of strip.
4. Apply to pain point and wrap around your arm with no stretch.

WRIST



1. Cut strip 1 into an X-Shape, apply strip 1 to pain point on wrist. Apply 120% stretch to each.
2. Cut strip 2 into Y-Shape. Apply base of strip to pain point with no stretch.
3. Apply branches of strip 2 with 120% stretch along the direction of the thumb and little finger.
4. Apply strip 3 (I-Shape) from the pain point to the wrist without stretch

BACK



1. Cut strip (I-Shape) apply to side of spine with 120% stretch
2. Repeat strip 2 on the other side of your spine
3. Strip 3 (I-Shape) apply middle of strip on pain point with no stretch
4. Apply 140% Stretch across either side of the spine

TAPE CUTTING STYLES / LETTER SHAPES

I SHAPE

Cut tape to desired length. For best results always round corners



Y SHAPE

Cut a single line down the centre of the tape. Depth of cut depends on application



W SHAPE

Cut a single line down the centre of the tape, then cut a line on either side



X SHAPE

Cut a single line halfway down the centre of the tape. Turn tape 180 degrees and repeat

