

CybGENE Kinesiology Tape User Manual

THANK YOU FOR PURCHASING CybGENE KINESIOLOGY TAPE. This is a revolution new way to treat common sports injuries. Read this instruction carefully before using it, we will give you some applications, but not limited to this.

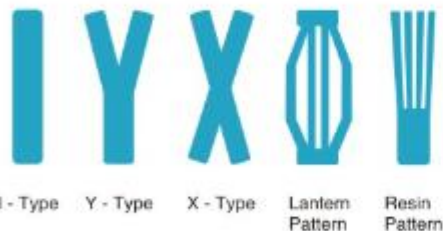
Warnings

1. Always consult a medical professional for advice.
2. It's always a good idea to test a small area before using, especially if you suffer from allergic reactions.
3. Stop using CybGENE Kinesiology Tape immediately if you see any irritation.
4. CybGENE Kinesiology Tape is a non-latex, cotton based product with an adhesive backing. This product will not intended to replace medical advice or treatment.

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Tips Before Start:

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| <p>① APPLY BEFORE ACTIVITY
Apply tape 60 minutes prior to activity.</p> <p>③ ACTIVATE ADHESIVE
Follow the indicators to stretch the tape and never stretch the end of tape.</p> <p>⑤ FIRMLY ADHERE
End on skin not on tape. Rub the tape after stretch on skin.</p> <p>⑦ USING SHAPE</p> | <p>② CLEAN SKIN
Clean your skin before using tape.</p> <p>④ REMOVE SLIGHTLY
Don't rip it off, use baby oil if necessary.</p> <p>⑥ USING STATE
* It is recommended to cut the end of the tape to apply into round(as the picture below shows). This will help enhance adhesive strength.</p> |
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Support

If you need more information or support, please visit www.cybgene.net or email to support@cybgene.net.

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APPLICATIONS

NECK & SHOULDER

Y - Type * 1 & I - Type * 1 / I-Type * 3



1. Lower head
Apply Y - Type
with 25%
stretch.



2. Apply I -
Type with 75%
stretch.

OR



1. Full strip to
the side of the
spine. Tape up
neck with 25%
stretch.



2. Full strip to
the opposite
side of the
spine. Tape up
neck with 25%
stretch.



3. Middle of full
strip of tape
over point of
pain with 75%
stretch.

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GENERAL SHOULDER

I - Type * 2 / Y - Type * 1



1. Apply Y - Type
with 20% stretch.

OR



1. Full strip on
the lower deltoid
without stretch.



2. Tape around
the back of the
shoulder with
20% stretch.



3. Full strip half an
inch below the first
piece of the tape
without stretch.



4. Tape up to
the top of the
shoulder with
20% stretch.

GENERAL ELBOW PAIN

I - Type * 2



1. Full strip on the
outer arm four
inches above the
elbow without stretch.



2. Tape around the
elbow with 50%
stretch.



3. Tape around the
inner elbow with
50% stretch.



4. Apply the last
two inches of tape
without stretch.

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LOWER BACK I - Type * 2



1. Apply first full strip of tape with 75% stretch.
2. Same apply as the first tape. Apply on skin not on the first tape.

FULL KNEE SUPPROT Lantern pattern * 1 / I - Type * 3



1. Bend knee completely. Apply lantern pattern with 25% stretch on kneecap.
1. Middle of half strip of tape under kneecap with 80% stretch.
2. Apply tape around outer edge of kneecap with 25% stretch.
3. Tape across lower knee with 50% stretch.
4. Apply another tape around edge of kneecap with 25% stretch. tape opposite across lower knee with 50% stretch.

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ACHILLES TENDONITIS I - Type * 2 or 3



1. Full strip of under the bottom of the arch without stretch. Tape up the Achilles with 50% stretch.
2. Middle of a half strip over the point of pain with 50% stretch.
3. If pain higher on tendon, anchor middle of a second half strip to another point of pain.
4. Rub to activate adhesive.

WRIST PAIN I - Type * 2



1. Middle of a half strip of tape to the top of the wrist with 80% stretch.
2. Middle of second half strip of tape to the bottom of the wrist with 80% stretch. Apply end of the tape without stretch around the wrist.
3. Full strip on back of hand without stretch.
4. Tape up the arm with 25% stretch.

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CALF PAIN

I - Type * 2



1. Full strip three inches above the base of heel without stretch.



2. Tape around the inner side of the calf with 25% stretch.



3. Apply the last two inches of the tape without stretch.



4. Apply another tape following the above steps, to form a V.

OTHERS APPLICATIONS

