

What is Taping?

A therapist may choose to use tape as a therapeutic tool to address issues such as a soft tissue injury, a joint malalignment or edema. The main purpose is to improve alignment and reduce pain to improve your function.



Types of Tape

There is a wide variety of tape available these days. During your visit at physical therapy, you will most likely be taped with either Kinesiotape or Dynamic tape. These tapes are elastic in nature and are designed to allow and facilitate movement. The tape is hypoallergenic and latex-free, although some individuals may still experience an irritation to the adhesive. It is best to discuss any known adhesive irritation with your provider.



Application

- Please wear loose clothing that can be pulled back to allow easy access during the tape application. A hospital gown may be provided if needed.
- In order to optimize the best adherence of the tape, please refrain from using lotion or oils before application. If you have used this prior to your appointment, please let your therapist know.
- If you have known sensitive skin, a skin prep pad may be used to help protect the skin from tape removal irritation.
- The therapist will apply the tape to your body to improve muscle function and/or alignment based on the results of your physical evaluation.
- Taping will assist function and alignment changes, but will not act in place of your exercise program. The idea of tape is to offer a short-term aid to restoring proper function, and should not be relied on for long term implementation.

Post Taping Considerations:

- Please remove the tape if an itching and burning sensation occurs or if pain increases. Excessive sweating may cause the tape to peel off or allow for an irritation to occur.
- The best way to remove the tape if needed is to wet it, and slowly peel the tape off. Do **not** “rip it off like a bandaid”.
- Your tape can be worn for several days, however you may find that the effectiveness will wear off after a day or two.
- You can shower or swim with your tape and leave it on. Just pat it dry and allow it to air dry.
- Be mindful if you go out into the sun to wear sunscreen.