



# KINESIOLOGY TAPE

ENHANCED RECOVERY



DESIGNED TO HELP INCREASE THE NATURAL BLOOD FLOW AROUND YOUR MUSCLES, MUELLER KINESIOLOGY TAPE FEATURES A REVOLUTIONARY WAVE PATTERN ADHESIVE THAT MOVES WITH YOUR SKIN & MUSCLES AS YOU HEAL.





## Before you Begin:

- Be sure skin is clean, dry and free from lotions and oils.
- Round corners for better adhesion.
- Pay close attention to stretch (or tension) of the tape when applying. You will see instructions describing — no stretch, light stretch, medium stretch, and full stretch.
- When applying tape, rub to create friction. The heat makes adhesive stronger.
- ***For best results, have someone apply tape for injured person.***

## Mueller® Kinesiology Tape is applied in four basic shapes:

“I” Strip



“Y” Strip



Fan Shape



X Shape



***NOTE:*** Muscle and joint soreness can be indications of serious medical problems that should be diagnosed by competent medical professionals. These instructions are not meant to replace professional treatment. All information provided is for educational use and is not intended to be used in place of professional care.

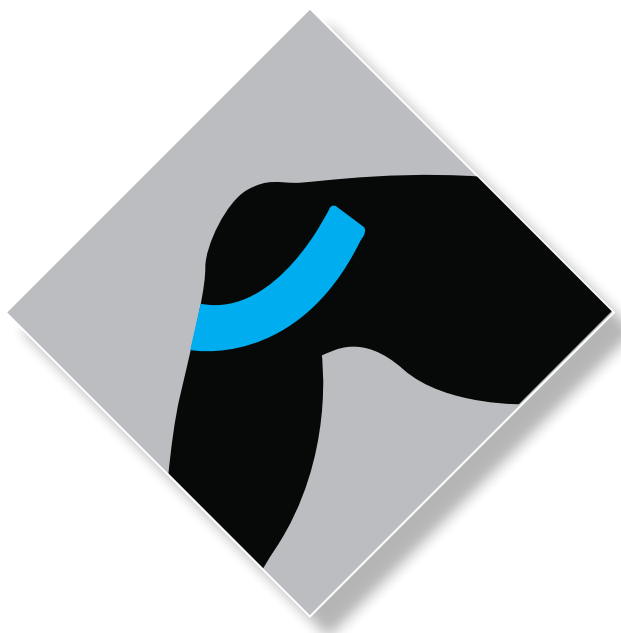
(For best results, have someone apply tape for injured person)

To view videos of Kinesiology Taping Techniques,  
visit our **Mueller Sports Med Youtube Channel**

# RUNNER'S KNEE

*(Patellar Tendonitis)*

## “I” Strip



1) Measure an “I” strip along the top of kneecap with the knee bent to 90 degrees.

2) Extend the knee with patellar tendon as landmark.

3) Tear the backing in the middle of

tape and apply with full stretch on the patellar tendon.

4) Bend the knee and apply the ends of the tape to the outside and inside of the knee.

5) Complete the U shape and gently smooth out the ends on each side, without any stretch.

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# ROTATOR CUFF INJURIES

## Two “Y” Strips

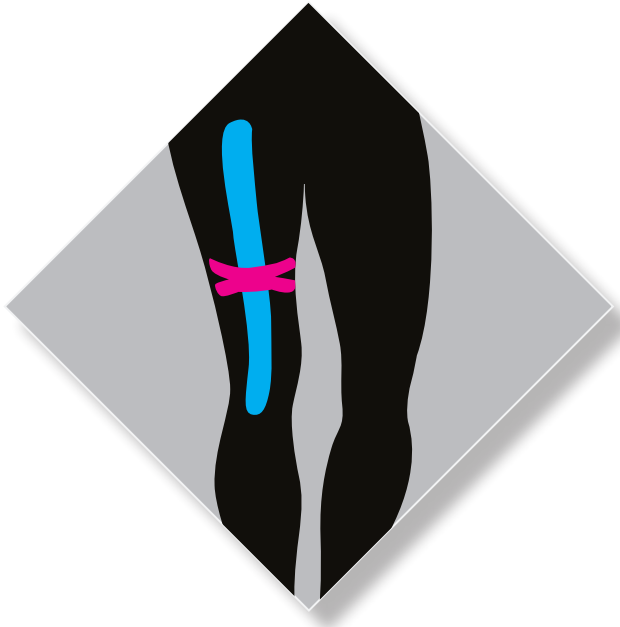


- 1) Begin at the spot where the rotator cuff tendon inserts into the upper arm.
- 2) Measure a strip of tape from this spot to the base of the neck.
- 3) Cut the tape to size and create a “Y” Strip.
- 4) Tear the end of the tape and remove backing.

- 5) Lay this anchor point over your starting spot.
- 6) Place the arm behind the small of the back.
- 7) With medium stretch, apply one tail of “Y” along edge of trap muscle. Lay second strip below shoulder blade with medium stretch.
- 8) Measure a second “Y” Strip from the top of the shoulder to the insertion of the deltoid muscle.
- 9) Apply the base of the “Y” Strip with light stretch to the deltoid. One tail of the “Y” is applied to the front of the shoulder. The second is applied to the back of the shoulder.

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# HAMSTRING INJURIES

## “I” Strip / “X” Strip

- 1) Apply anchor of “I” Strip to the origin of the hamstring at the base of the gluteous.
- 2) Apply tape with no tension until you get to site of pain, increase stretch over injured area.
- 3) Cut an “X” strip. Tear middle of paper and apply over desired area with full stretch in the middle.
- 4) Lay tails with no stretch. Rub into place and lay down tails with no stretch.

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# ACHILLES TENDINITIS

## Two “I” Strips

- 1) Cut a piece of tape to reach from the top of your calf muscle to the bottom of your heel.
- 2) Flex foot.
- 3) Anchor the strip at the calf muscle and lay tape with low tension to the bottom heel.
- 4) Run your thumb up the tape to the top of your Achilles tendon and rub tape.
- 5) Measure and cut a second “I” Strip to cradle the heel across the first strip.
- 6) Tear backing in the middle and peel back each paper end.
- 7) Keep foot flexed and place strip at full stretch over heel.
- 8) Relax ankle and gently place ends of tape along the heel and ankle.

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# PLANTAR FASCIITIS

## “I” Strip with a fan cut

- 1) Stretch calf so foot pulls toward your nose.
- 2) Measure from the top of your calf muscle just to the ball of your foot. Cut the tape.
- 3) Cut four strips at one end of tape leaving uncut enough tape to cover the heel.
- 4) Peel the backing from the uncut end to create and anchor at the calf muscle.
- 5) Keeping the foot flexed, apply the tape with light stretch until you reach the Achilles tendon.
- 6) Full stretch can be applied over the tendon. Smooth the tape in place as you go.
- 7) Once the tape is in place over the heel peel off the individual strips one at a time and place them with no stretch along the arch of the foot, fanning them out.

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# LATERAL ANKLE SPRAINS

*(designed to help reduce swelling)*

## 2 Fan Cut

1) Measure from the ankle bone to the opposite side of the foot.  
2) Cut four fan strips using the guidelines on the tape backing. Leave enough tape to anchor the strip over the ankle bone.

3) Tear the backing and place it over the inside (medial) ankle bone.

4) Tear backing off of each individual strip and place them over the top of the foot. This creates channels to allow the fluid to move from the joint space.

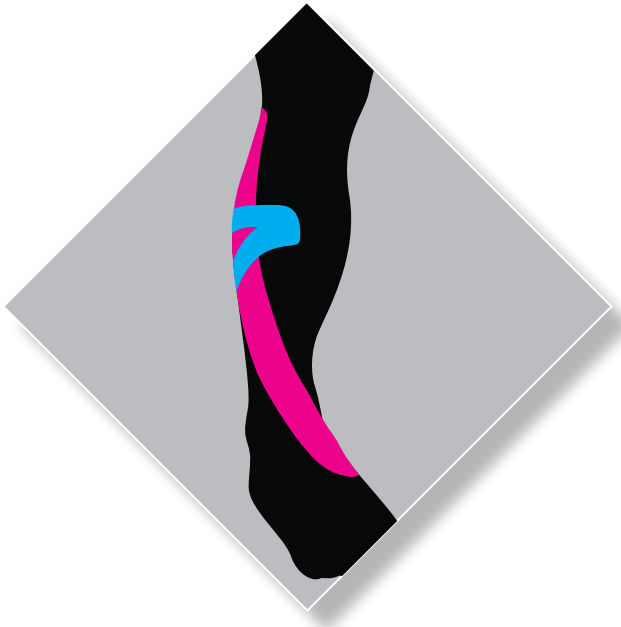
5) Repeat procedure repeated on the opposite side of the ankle.

***NOTE:*** *This technique is designed to be used in the first 72 hours following an acute injury. It is not intended to provide ankle support.*

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# SHIN SPLINTS

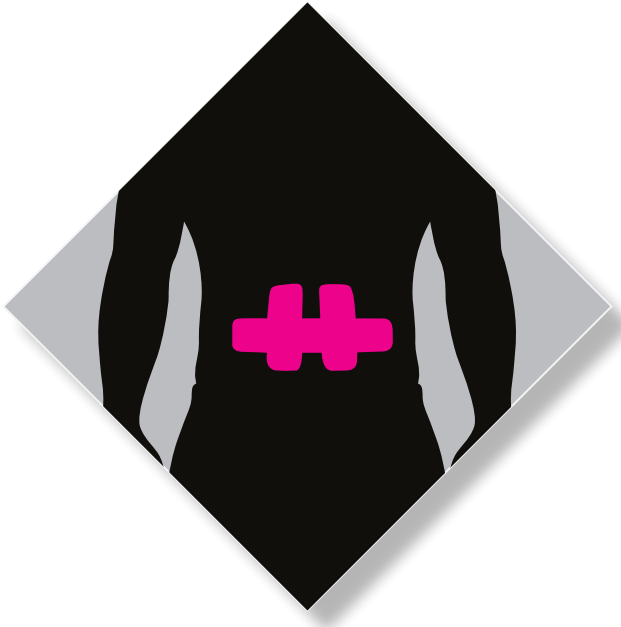
## “I” Strip & “Y” Strip

- 1) Extend knee and move your ankle slightly inward.
- 2) Measure a long strip of tape from the outside of the lower leg just below the knee, across the shin to the base of the big toe.

- 3) Tear a small anchor to attach below the knee.
- 4) Keep the muscles extended and lay the strip in place with light stretch.
- 5) Cut a small “Y” strip a few inches long. Anchor on the shin at the area of soreness.
- 6) Tear the anchor and lay the tails of the “Y” in place with light stretch tension.

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## **BACK PAIN**

### **3 “I” Strips**

*(Requires additional person for application)*

- 1)** Measure “I” Strip horizontally across lower back two-three inches from either side of the spine.
- 2)** Cut middle section of tape. While bending forward at the waist, fully stretch the middle section and

apply over the point of pain.

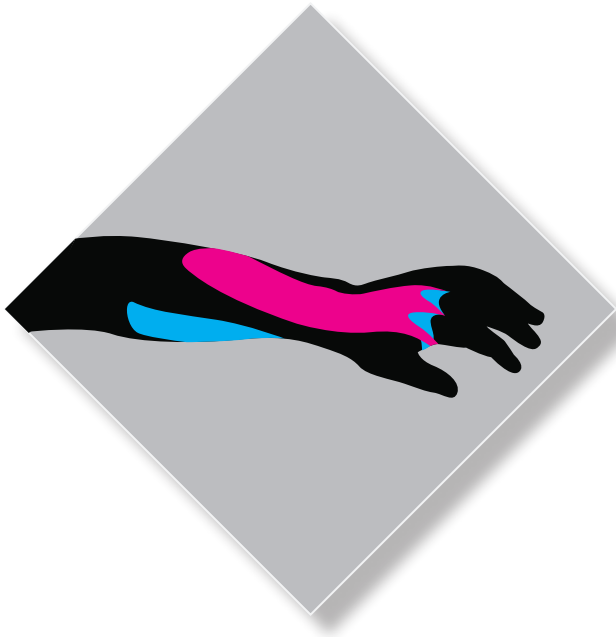
- 3)** Apply a second “I” Strip on either side of spine, anchoring with medium stretch at the center.

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# CARPAL TUNNEL SYNDROME

## “I” Strip



- 1) Measure a piece of tape from the middle of the fingers to the bend of the elbow with the hand facing palm up.
- 2) Fold the tape over about an inch from the end. Cut two diamond shapes in the tape. Tear backing off

just above the cutouts to create the anchor.

3) Place the middle and index fingers through diamond holes.

4) Anchor the end of the strip on the back side of hand. Bring the wrist to full extension. Lay the tape down with no stretch, watching for creases.

5) You should see wrinkling of tape as you flex the wrist

6) For added support you can do the same thing with another “I” strip and lay it down on the back of the hand and wrist.

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# Mueller® Kinesiology Tape

Kinesiology taping is considered the first true therapeutic taping technique. Practitioners and athletes around the world have embraced this effective, safe and easy-to-use therapy.

Mueller® Kinesiology Tape features a revolutionary adhesive design that lifts the skin to help maintain flexibility, improve circulation, and relieve pain. By microscopically lifting the skin from the muscle and improving circulation, pressure and irritation are decreased to help alleviate pain. Mueller® Kinesiology Tape can be worn for several days per application providing you with round the clock relief from pain and inflammation.

Mueller® Kinesiology Tape can help decrease pain, increase range of motion and to increase function.

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Mueller Kinesiology Tape features a revolutionary adhesive design that lifts the skin to help maintain flexibility, improve circulation, and relieve pain. Designed to aid in the treatment of ligament injuries, muscle conditioning, fascia repositioning, and even carpal tunnel syndrome. It is applied to the skin in patterns to mimic your muscles. Used by professional athletes and Olympians to help reduce muscle pain, increase mobility and enhance recovery.

Available 6 rolls per box.  
Each roll is 2" x 16.4 ft (5 cm x 5 m).

Choose from four colors:

- 28147 BLACK
- 28277 PINK
- 27367 BLUE
- 27467 BEIGE

*This product is not intended to replace professional medical care.*



- Assists rehabilitation when using the kinesiology taping method
- Wave-pattern adhesive lifts skin to help improve circulation
- The 100% high-grade cotton tape is latex-free, breathable, elastic and maintains flexibility of human skin and muscles
- Versatile enough for 1,200 recognized applications
- Patterned adhesive that is mild and hypoallergenic
- Water-resistant and wearable up to 5 days
- Durable and economical



Available 1 roll retail carton.  
Each roll is 2" x 16.4 ft (5 cm x 5 m).

Choose from four colors:

- 22217 BLACK
- 22227 PINK
- 22237 BLUE
- 22247 BEIGE

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