

Kinesiology Tape Caregiver Information

- Description: Kinesiology tape is a therapeutic tape which is elastic and about the thickness of the skin. It is latex free and has an acrylic adhesive. There are various types and brands of kinesiology tape. The brand/type that will be used is: _____
- Purpose: The tape stretches and is applied for many purposes. For your child it is used to:
 - Help muscles to work and get stronger
 - Help muscles to relax for increased flexibility
 - Help posture to improve alignment
 - Help increase awareness of this area of the body
 - Help function: _____
 - Help decrease: pain swelling bruising scarring
 - _____
- Application/Maintenance:
 - ** Please let ALL caregivers (family, friends, daycare/nursery/sitters, teachers, etc.) know that the kinesiology tape should be left in place and **not ripped off**. If it is removed and irritation occurs treat the area as you would a mild sunburn and consult therapist or physician as needed.
 - This is a test patch to check for allergy or skin irritation. It should be **monitored closely** especially for the first 12 to 24 hours. Please remove it (see below) immediately if any swelling, redness, or itching occurs. It can fall off on its own if there are no issues. If it has been more than 10 days it should be removed (see below).
 - This is a therapeutic application to help as indicated above. Please watch for irritation and remove (see below) if needed.
 - Tape can remain on until it falls off on its own. If it has been more than 10 days or is over 30-50% off it can be removed (see below).
 - Tape should be kept on for _____ days if possible before removing.
 - Carefully trim any tape that rolls or peels up so it does not catch on clothing. Do NOT pull up on the tape as you trim. There is skin stuck to the tape so just trim what is hanging off. Child's scissors with blunt tips might help decrease risk of injury.
 - The tape can get wet with baths, swimming, etc. starting at least an hour after application. Pat instead of rubbing to wash and dry the tape. Do NOT use a hair dryer as this will make the tape difficult to remove.
- Safe Removal:
 - The tape is not like a Band-Aid and should NOT be ripped off. Take your time as safe removal is key to decreasing irritation of the skin and thus allowing re-application.
 - Apply oil (vegetable oil, baby oil) or adhesive remover to all of the tape and let it soak in for about 10 minutes. Alternatively apply conditioner in the bathtub and let it sit a few minutes. Then rub the tape off starting at one end, working the skin off the tape gradually. Try to avoid pinching the tape between your fingers and pulling it off. Move in the direction of hair growth, typically away from the center of the body.
 - Apply lotion, oils, etc. as you typically would to hydrate the skin between applications. However, do not apply within a couple hours of re-application of the tape. At least 24 hours between applications helps to decrease risk of skin irritation.

Client's Name: _____

Therapist's Name: _____

Date: _____

Phone Number: _____