

CAUTION

This product requires careful and skilful application. Failure to follow the Directions for Use available on the product packaging or at www.dynamictape.com can result in skin irritation, blisters and poor adhesion.

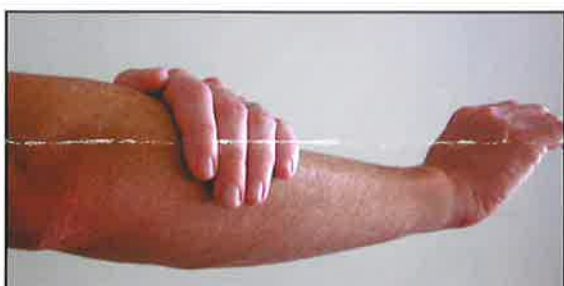
1 - Remove hair



2 - Clean & Dry (e.g. alcowipe)



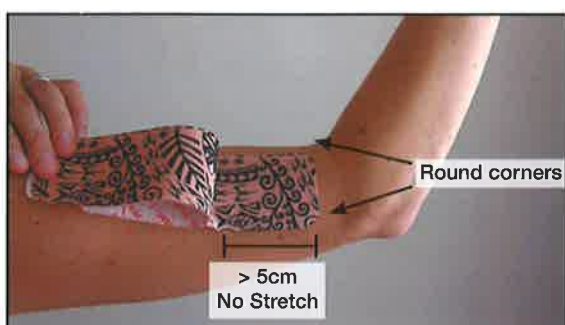
3 - Rub to heat skin



4 - Apply Adhesive Spray*



5 - Anchor Point – No Stretch



6 - Anchor with thumb and tension in opposite direction to tape. This will remove skin folds and reduce tension on the skin at the end of the tape



7- Apply Gentle Tension



8- Apply other anchor point with no tension



* Very good results can be obtained without the use of an adhesive spray provided that all other guidelines are adhered to and sufficient time (> one hour) is allowed before participating in vigorous exercise, swimming or bathing or strongly stretching the tape.

Continued overleaf

9 - Rub thoroughly to activate glue,
PRESS & HOLD the ends for 30-60 seconds



10 - Allow 60-90 minutes before engaging in vigorous exercise, swimming or bathing



11 - Always use spray on feet and ankles*



12 - Spray back of first layer before applying the next layer when overlapping tape*



13 - Always lock over foot and achilles to increase load absorption as well as adhesion



14 - Cover and protect



WARN - Remove tape immediately if itching, stinging, burning or irritation occurs as you may be developing a reaction which can lead to skin breakdown.



Poor application will result in poor adhesion, tension, shearing and blisters

