



# *Taping Guide*

## **ARES** KINESIOLOGY TAPE

- > *General Instructions*
- > *Basic Taping Skill*
- > *Clinical Taping Skill*

**Copyright & Trademark Information**

Copyright©2013 by **Godlisha Corp.** in Korea.

All rights reserved. This book is protected by copyright.

No part of this book may be reproduced in any form or by any means, including photocopying, or by utilized by any information and storage retrieval system without written permission from the copyright owner.



# Contents

What is AresTape? .....	8
How it works .....	9
General Instructions .....	10

## Section 1 Neck/Shoulder/Upper arm

Biceps .....	15
Front Neck Pain .....	16
General Shoulder .....	17
Lateral Neck Pain (Sternocleidomastoid) .....	18
Neck Stiffness .....	19
Neck & Shoulder 1 .....	20
Neck & Shoulder 2 .....	21
Posterior Neck Pain 1 .....	22
Posterior Neck Pain 2 .....	23
Posterior Upper Shoulder .....	24
Shoulder Contusion .....	25
Triceps Brachii .....	26

## Section 2 Elbow/Lower Arm/Hand

Carpal Tunnel Syndrome .....	29
Finger Pain .....	30
General Wrist Pain .....	31
Inner Lower Arm .....	32
Lateral Elbow Pain 1 (Lateral Epicondyle) .....	33
Lateral Elbow Pain 2 (Lateral Epicondyle) .....	34

Medial Elbow Pain 1 (Medial Epicondyle)	35
Medial Elbow Pain 2 (Medial Epicondyle)	36
Outer Lower Arm 1	37
Outer Lower Arm 2	38
Thumb Pain	39

### **Section 3** Back/Trunk

Abdomen 1	43
Abdomen 2	44
Abdomen 3	45
Abdomen 4 (External Oblique)	46
Back & Shoulder Pain	47
Chest Pain 1	48
Chest Pain 2	49
Lower Back 1	50
Lower Back 2	51
Lower Back 3	52
Lower Back 4	53
Rib Pain 1 (Serratus Anterior)	54
Rib Pain 2 (Serratus Anterior)	55
Tail Bone	56
Upper Back 1 (Rhomboid)	57
Upper Back 2 (Latissimus dorsi)	58

# Contents

## Section 4 Hip/Thigh

Front Thigh 1 (Quadriceps)	61
Front Thigh 2 (Quadriceps)	62
Groin Pull	63
Hip 1 (Gluteus)	64
Hip 2 (Gluteus)	65
Hip Joint	66
Muscles of Thigh	67
Posterior Thigh 1(Hamstring)	68
Posterior Thigh 2 (Hamstring)	69

## Section 5 Knee/Lower Leg

Achilles Tendon 1	73
Achilles Tendon 2	74
Achilles Tendon 3	75
Calf Pain	76
Knee Pain 1	77
Knee Pain 2	78
Knee Pain 3	79
Knee Pain 4	80
Knee Pain 5	81
Lateral Knee Pain	82
Medial Knee Pain	83
Patella Pain 1	84
Patella Pain 2	85
Shin Splint	86

## Section 6 Ankle/Foot

Big Toe	89
Hallux Valgus	90
Lateral Ankle Sprain	91
Medial Ankle Sprain	92
Plantar Fasciitis	93
Sole Pain 1	94
Sole Pain 2	95

## Section 7 Clinical Taping

Bruise	99
Calf Cramp	100
Calf Swelling	101
Frozen Shoulder	102
Flat Foot	104
Tennis Elbow	105
Indigestion	106
Intercostal Neuralgia	107
Rheumatism of Ankle	108
Rheumatism of Elbow	109
Rheumatism of Finger	110
Rheumatism of Knee	111
Rheumatism of Wrist	112
Shoulder Pain from Overuse	113
Golf Elbow	114
Thumb Tendinitis	115

## What is ARES Tape?

**Ares Kinesiology Tape** is an elastic therapeutic and sporting tape for Kinesiology Taping Method, which is worldwide technique being used in many sporting fields as successfully as with patients in a physiotherapeutic setting.

**Ares Kinesiology Tape** is designed to the same thickness and elasticity of the epidermis (out layer) of the skin with longitudinal stretch of 160~180% of its resting length.

**Ares Kinesiology Tape** is used in treatment of muscle, fascia and tendon symptoms and for performance enhancement by way of continuous receptor stimulation.

Natural healing process is therefore instantly enhanced due to improved circulation in the taped area.

- >Treat Muscle Pain
- >Prevent Joint Arthritis
- >Strengthen Performances

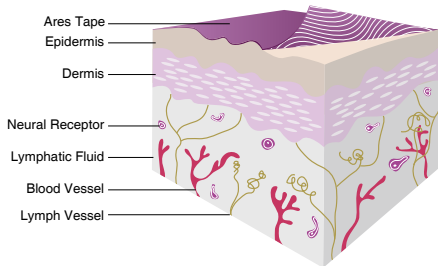


**When** a muscle is inflamed, swollen, or stiff, the space between the skin and the muscle is compressed, resulting in constriction and congestion to the flow of lymphatic fluid and blood circulation. This compression applies pressure to the pain receptors located in the space between the skin and the muscle, which in turn relays discomfort signals to the brain resulting in the sense of 'pain' of affected area.

If you stretch the skin of the affected area before the application of **Ares Kinesiology Tape** the taped area will form wrinkles when the applied area is back to its normal or neutral position. The wrinkling effect formed by **Ares Kinesiology Tape** is essential since this lifting of the skin creates more space for lymph and blood flow. Therefore the lymph drainage as well as blood circulation in the affected area can be improved effectively through taping application.

Eventually, the friction between the tissues beneath the skin is decreased due to the promoted movement of lymphatic fluid and blood circulation. Pain is reduced because the pressure on the pain receptors is lessened. The end results are believed to be reduced muscle fatigue, increase in range of motion (ROM), and better quality of muscle contraction.

### < Condition after Taping Method with Ares Tape >



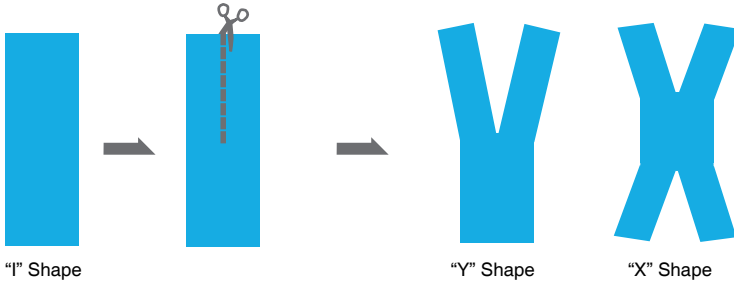
1. ARES tape lifts the skin with convolution effect.
2. Interstitial space gets enlarged.
3. Blood/ lymph circulation is improved.
4. Inflammation reaction is reduced.
5. Muscle activities are enhanced with reduced pain.



ARES TAPE applied on bruise

## General Instructions

### *Tape Shapes*

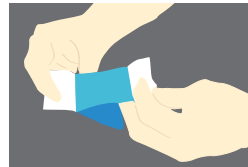
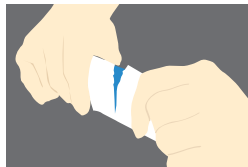


> Be sure the skin is free from oils, lotions, and moisture before applying.

> Cleaning the skin with alcohol will ensure a strong adhesive bond.



< OR >



**<Anchored at the end>**

Remove 2' of paper from end of tape and apply.

**<Anchored from middle>**

Tear paper in middle and peel back paper to expose middle section of tape.



Always attach the last 2' without stretching tape.

To ensure proper setting of the adhesive, rub hand over tape to secure the edges.





## **Section 1**

### **Neck / Shoulder / Upper arm**





**Requires;**

1 piece of Y tape

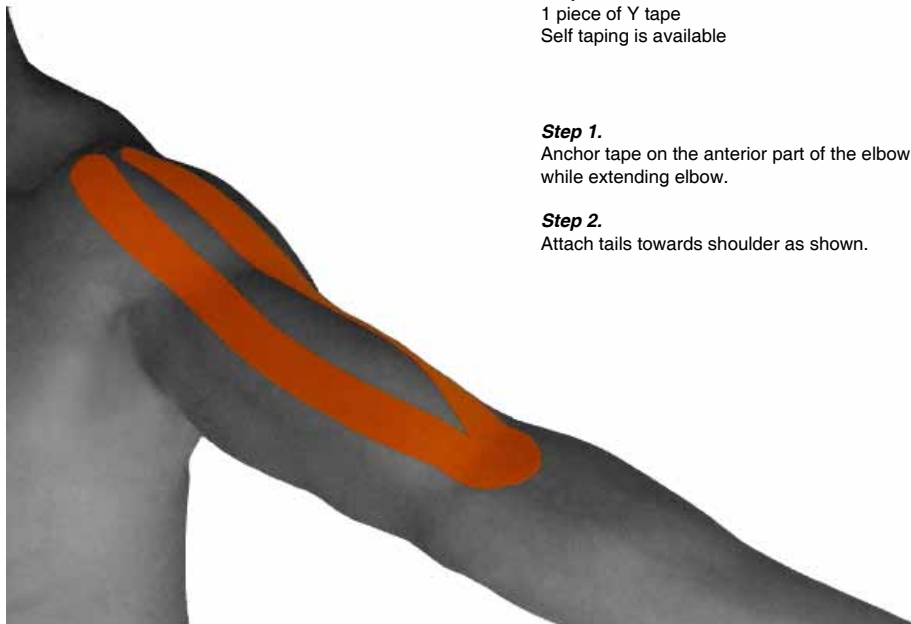
Self taping is available

**Step 1.**

Anchor tape on the anterior part of the elbow while extending elbow.

**Step 2.**

Attach tails towards shoulder as shown.



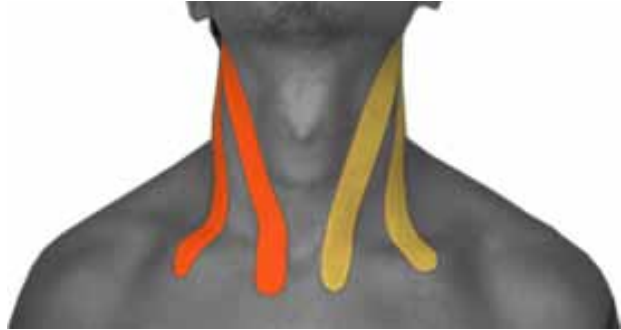
## Front Neck Pain



**Step 1**

**Requires;**

3 pieces of Y tape  
Partner for taping



**Step 2**

**Step 1.**

When painful during forward bending of neck, anchor the base at the center of the chest and apply two tails of Y tape just under the both jaws with neck bending backward.

**Step 2.**

When painful during rotation of neck, anchor the base of the tape below earlobe and apply two tails to the front of clavicle placing next to each other with neck rotating to the opposite direction.

**Step 3.**

Repeat the same for the opposite side of the neck.



## General Shoulder

**Requires;**

1 piece of Y tape

Self taping is available



**Step 1**



**Step 2**

**Step 1.** Place the base of I strip at the upper arm and adhere the front tail towards front shoulder while placing the hand at the back.

**Step 2.** Place the back tail at the back of the shoulder while holding the hand on the opposite shoulder.

**Step 3.** No stretch is applied during application.

## Lateral Neck Pain (Sternocleidomastoid)

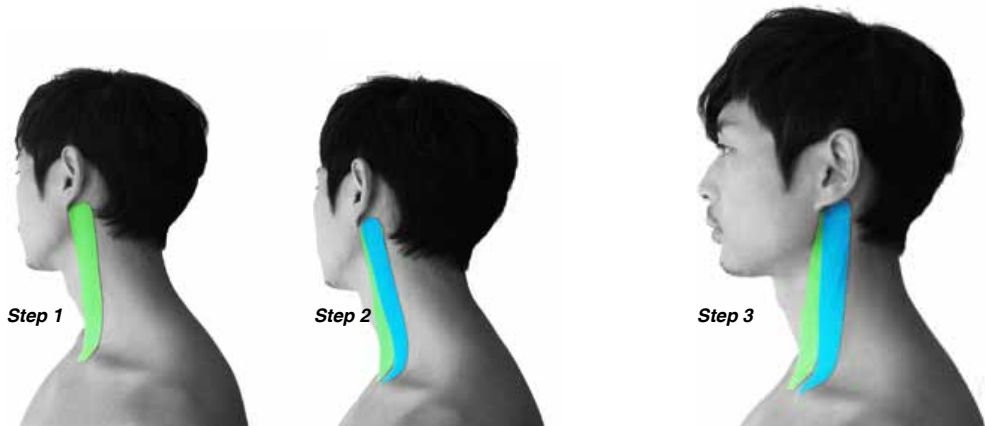
**Requires;**

2 pieces of I tape  
Partner for taping

**Step 1.** Place the base of "I" strip at the front clavicle and the tail just behind the earlobe while turning the neck to the right.

**Step 2.** Place the base of another "I" strip just lateral side of the first "I" strip base.

**Step 3.** No stretch is applied during application.



## Neck Stiffness

**Requires;**

1 piece of Y tape

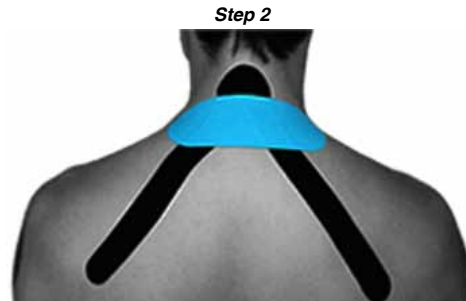
1 piece of I tape

Partner for taping

**Step 1.** Place the base of a Y tape at the upper part of the neck.

**Step 2.** Extend tails outward to each side of spine while bending the neck forward.

**Step 3.** Place the last piece of tape over the strained area of the neck horizontally with light stretch in the middle and no stretch in both ends.



## Neck & Shoulder 1

**Requires;**

2 pieces of I tape  
Partner for taping

**Step 1.** Place the base of I strip at the upper part of the neck and the tail to the lateral part of the shoulder while turning the neck to the opposite side.

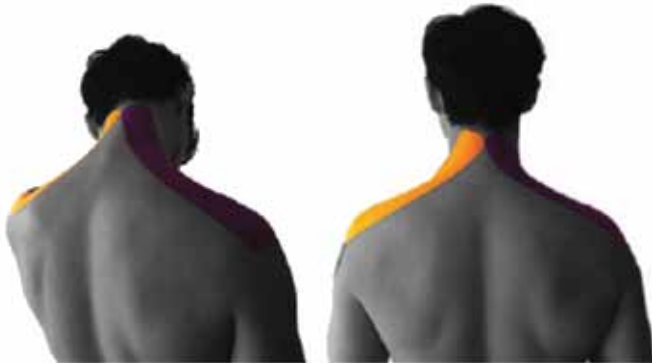
**Step 2.** Repeat the same for the opposite side while turning the neck to the other side.

**Step 3.** No stretch is applied during application.

**Step 1**



**Step 2**



**Requires;**

1 piece of I tape  
1 piece of Y tape  
Partner for taping



**Step 1**



**Step 2**

**Step 1.** Attach I tape horizontally running the back of the shoulder.

**Step 2.** Anchor the base of the Y tape on the top of the shoulder.

**Step 3.** Put the upper tail toward the upper side of the neck and the lower tail down toward the lower spine.

## Posterior Neck Pain 1

**Requires;**

2 pieces of I tape  
Partner for taping

**Step 1.**

Apply two I tapes alongside the spine below the hair line towards the back while bending the neck forward.

**Step 2.**

No stretch is applied during application.



## Posterior Neck Pain 2

**Requires;**

1 piece of Y tape

Partner for taping

**Step 1.**

Anchor the base of Y tape at the upper neck below the hair line and apply two tails beside the spine as shown while bending the neck forward.

**Step 2.**

No stretch is applied during application.



## Posterior Upper Shoulder



**Requires;**

1 piece of X tape  
Partner for taping

**Step 1.**

Place X tape over the upper part of the posterior shoulder over the painful area with mild stretch applied at the center of the tape.

**Step 2.**

Repeat the same taping for the opposite side of the shoulder when necessary.

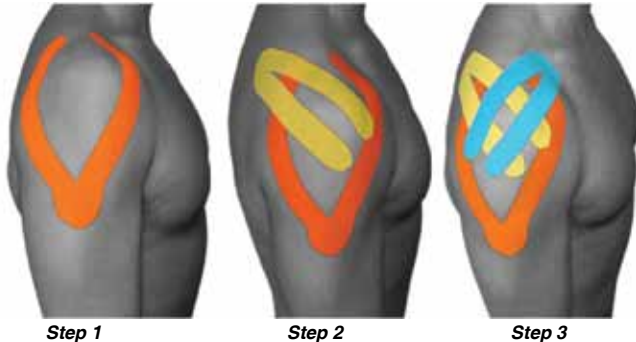


## Shoulder Contusion

**Requires;**

3 pieces of Y tape

Partner for taping



**Step 1.** Attach the base of I tape(**orange**) on the 1/3 of upper side of the shoulder.

**Step 2.** Attach the front tail to the anterior part of the shoulder while extending the elbow.

**Step 3.** Attach the rear tail to the posterior of the shoulder while placing the hand to the other shoulder.

**Step 4.** Relax the shoulder and attach two Y tapes at the center of the contusion part crossing each other as shown in the picture.

## Triceps Brachii



**Requires;**

1 piece of Y tape  
partner for taping

**Step 1.**

Place the base of Y tape at the back of the elbow and adhere the two tails to the shoulder covering Triceps while flexing the elbow upward.

**Step 2.**

No stretch is applied during application.



## **Section 2**

### **Elbow / Lower Arm / Hand**





# Carpal Tunnel Syndrome

**Requires;**

- 3 pieces of I tape
- A partner for taping

**Step 1.**

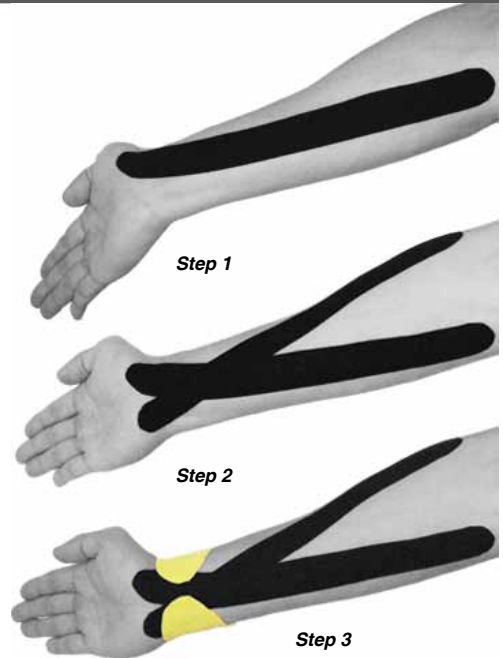
Anchor tape on base of thumb and run it towards inner side of elbow with wrist bending backward.

**Step 2.**

Anchor another tape on base of little finger and run it towards outer side of elbow maintaining wrist bending backward.

**Step 3.**

Wrap "I" strip around the wrist for additional support.



## Finger Pain

**Requires;**

2 pieces of I tape

Self-taping is available

**Step 1.**

Anchor the base of longer I tape at the back of the wrist and apply over the last finger joint while bending the finger inwards.

**Step 2.**

For additional support, wrap another tape around the last finger joint.

**Step 3.**

No stretch is applied during application.

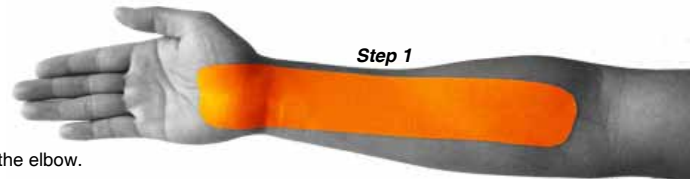


## General Wrist Pain

**Requires;**

2 pieces of I tape

Self-taping is available

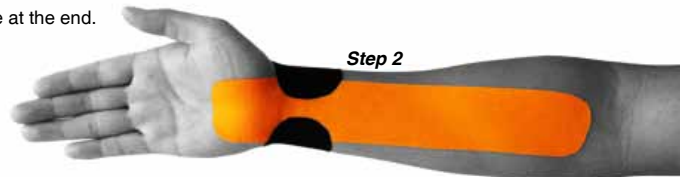


**Step 1.**

Place I tape from the wrist to the elbow while stretching the elbow.

**Step 2.**

Wrap another I tape around the wrist leaving a little space at the end.



## Inner Lower Arm

**Requires;**

1 piece of Y tape

Self-taping is available

**Step 1.**

Hold the wrist in a neutral position.  
Attach the base toward palm.



**Step 2.**

Attach the inner tail to the inner side of  
the elbow after extending the wrist.

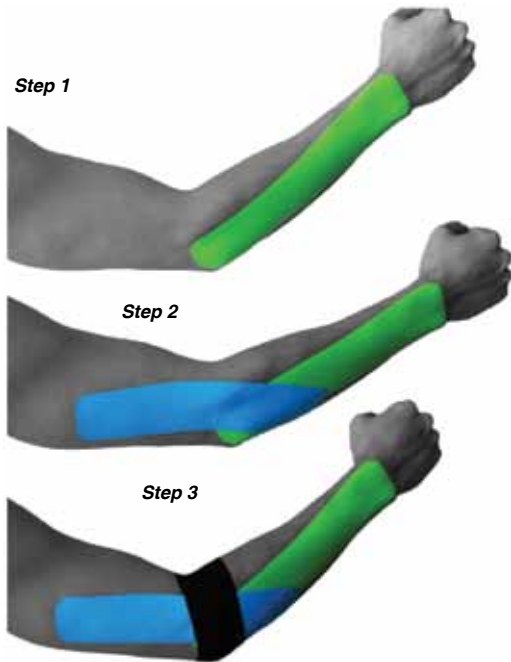
**Step 3.**

Attach the outside tail to the outer  
side of the elbow maintaining the wrist  
extended.





## Lateral Elbow Pain 1 (Lateral Epicondyle)



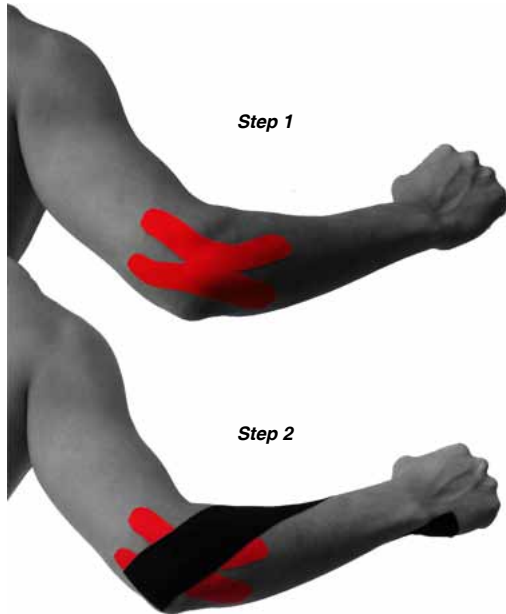
**Requires;**  
3 pieces of I tape  
Self-taping is available

**Step 1.**  
Apply tape from the outside the wrist to the lateral elbow with 50% stretch while bending the elbow slightly.

**Step 2.**  
Run another I tape from the upper arm to the lateral side of the elbow without stretch.

**Step 3.**  
For additional support, wrap another tape around the elbow.

## Lateral Elbow Pain 2 (Lateral Epicondyle)



### **Requires;**

1 piece of I tape

1 piece of X tape

Self-taping is available

### **Step 1.**

Place X tape on the lateral side of the elbow while bending the elbow slightly.

### **Step 2.**

Place the base of I tape at over the X tape and adhere the tail to the palm side of the wrist.

### **Step 3.**

No stretch is applied during application.

## Medial Elbow Pain 1 (Medial Epicondyle)

**Requires;**

2 pieces of I tape

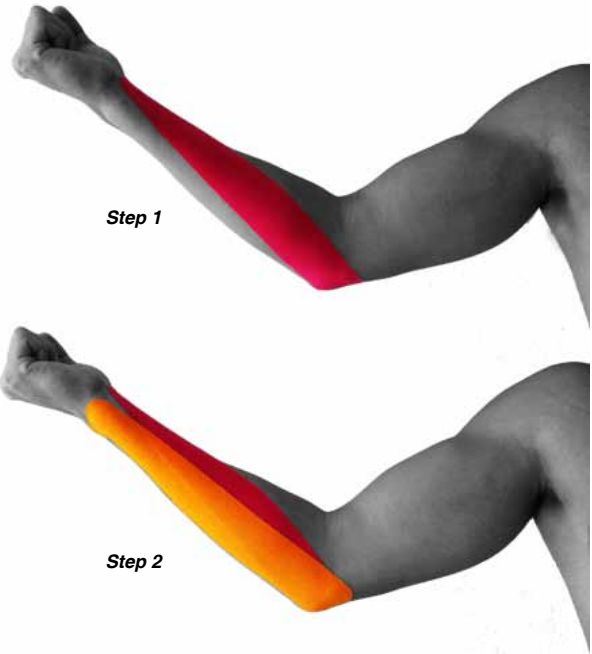
Self-taping is available

**Step 1.**

Anchor I tape at the front wrist and apply the tail at the medial side of the elbow with 50% stretch while bending the elbow slightly.

**Step 2.**

Anchor another I tape at the medial side of the elbow and apply the tail at the side of the wrist with slight stretch applied.



## Medial Elbow Pain 2 (Medial Epicondyle)

**Requires;**

1 piece of I tape

1 piece of X tape

Self-taping is available

**Step 1.**

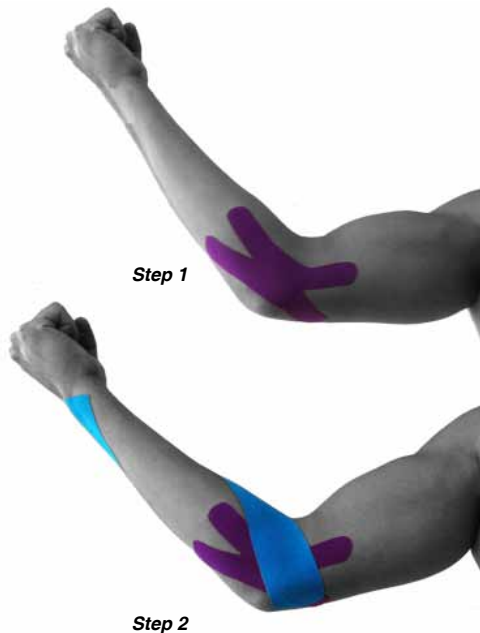
Place X tape on the medial side of the elbow while bending the elbow slightly.

**Step 2.**

Place the base of I tape at over the X tape and adhere the tail to the back of the wrist.

**Step 3.**

No stretch is applied during application.



## Outer Lower Arm 1

**Requires;**

2 pieces of Y tape

1 piece of I tape

Self-taping is available

**Step 1.**

Apply two Y tapes from the back of the wrist to the elbow covering the entire lower arm while bending the wrist slightly.

**Step 2.**

Wrap another I tape around the wrist leaving a little space at the end.



## Outer Lower Arm 2

**Requires;**

1 piece of Y tape  
Self taping is available

**Step 1.**

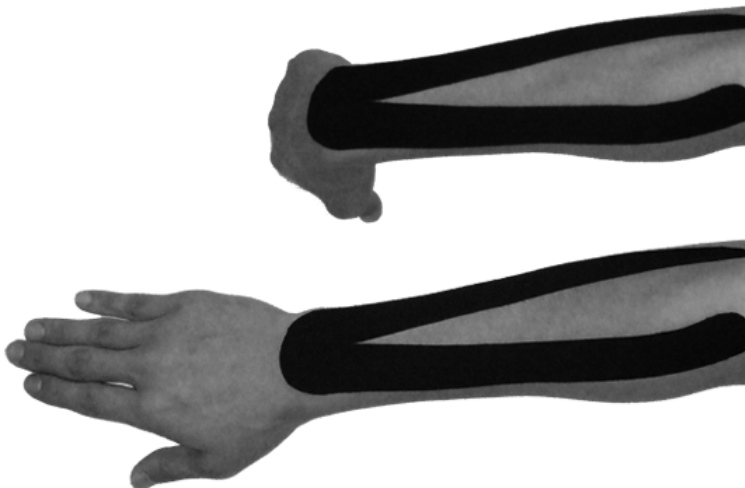
Attach the base to the back of the wrist with wrist in a neutral position.

**Step 2.**

Flex the wrist to the maximum point possible  
Attach the outside tail toward the outer side of the elbow.

**Step 3.**

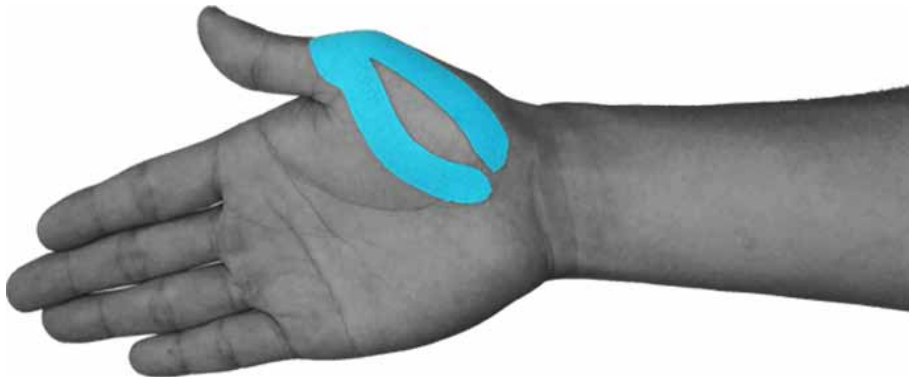
Maintain the wrist in a bent position.  
Attach the inner tail toward the inner side of the elbow.



**Requires;**

1 piece of Y tape


Self taping is available




Attach Y tape as shown while stretching the thumb backward.







**Section 3**  
**Back / Trunk**





**Requires;**

2 pieces of I tape

Self-Taping is available

**Step 1.** Place I strip below the navel.

**Step 2.** Place another I strip across the first strip.

**Step 3.** No stretch is required during application.

**Step 1**



**Step 2**



## Abdomen 2

**Requires;**

2 pieces of

Self-Taping is available

**Step 1.** Place X strip alongside the navel.

**Step 2.** Repeat the same for the opposite side.

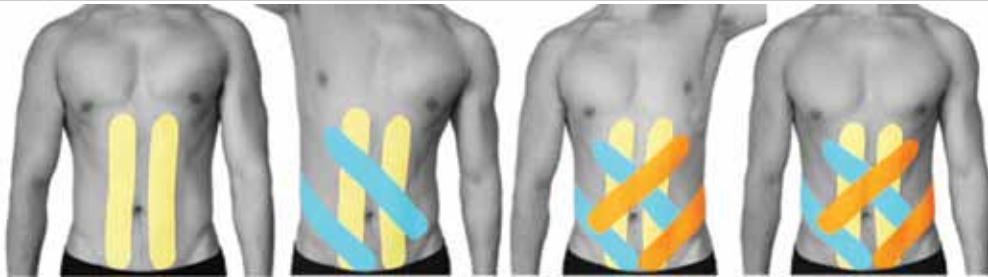
**Step 3.** No stretch is required during application.

**Step 1**



**Step 2**





**Step 1**

**Step 2**

**Step 3**

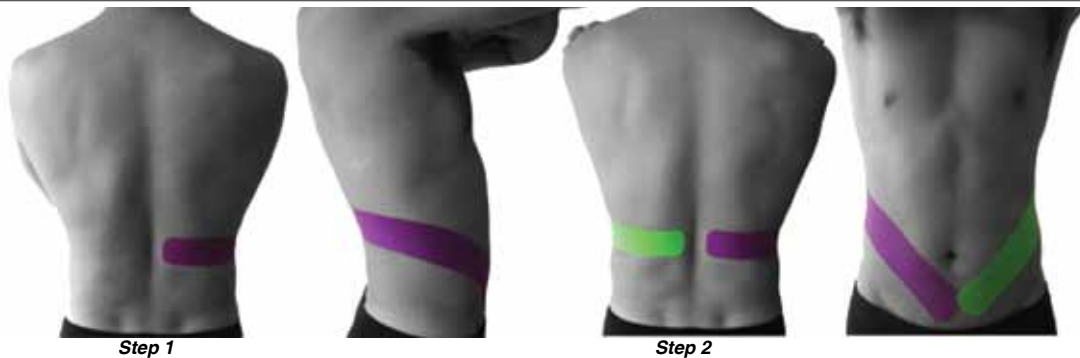
**Requires;**  
6 pieces of I tape  
Partner for taping

**Step 1.** Run two tapes paralleled to each other passing belly button side by side from pubis to the upper side of the stomach.

**Step 2.** Run I tape diagonally from below belly button towards lower rib and apply another tape diagonally above belly button towards chest.

**Step 3.** Repeat the same for the opposition side.

## Abdomen 4 (External Oblique)



**Requires;**  
2 pieces of I tape  
partner for taping

**Step 1.** Place I strip running from the spine to the point below the navel.

**Step 2.** Repeat the same for the opposite side.

**Step 3.** No stretch is required during application.

## Back & Shoulder Pain



**Requires;**

Two pieces of I tape  
Partner for taping

**Step 1.**

Place tape from the lower part of the neck across down to the opposite side of the lowest rib.

**Step 2.**

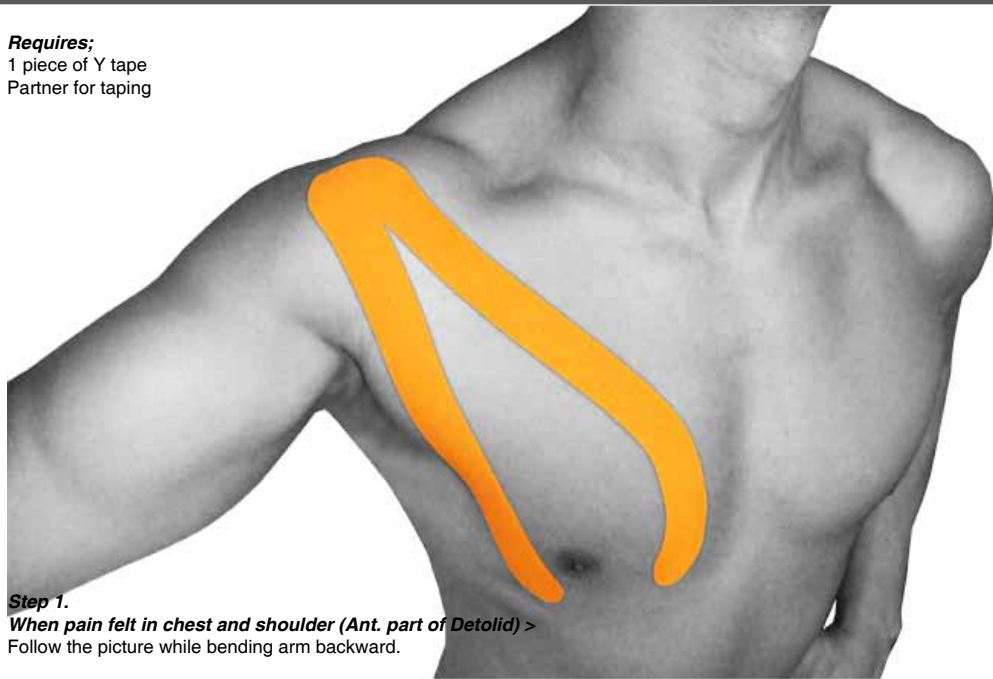
Repeat the same with another tape in opposite direction.

## Chest Pain 1

**Requires:**

1 piece of Y tape

Partner for taping



**Step 1.**

**When pain felt in chest and shoulder (Ant. part of Deltoid) >**

Follow the picture while bending arm backward.



**Requires;**

2 pieces of Y tape  
Partner for taping

**Step 1.** Place the base of Y strip at the lateral part of shoulder and spread two tails towards the chest.

**Step 2.** Place the base of another Y strip just outside the first strip base and spread two tails wider than the first strip.

**Step 3.** No stretch is applied.

**Step 1**



**Step 2**



## Lower Back 1



**Requires;**

Two pieces of I tape  
Partner for taping

**Step 1.**

Apply tape horizontally over dimples of the back.

**Step 2.**

Run another tape just above the first tape.

**Requires;**

3 pieces of I tape

Partner for taping

**Step 1.** Bend forward with hands placed on knees.

**Step 2.** Anchor one piece of tape horizontally across the lower back.

**Step 3.** Take two or more pieces of tape and create an X shape directly over the most painful area.

**Step 1**



**Step 2**



## Lower Back 3

**Requires:**

2 pieces of I tape  
Partner for taping

**Step 1.** Place the base of I strip at the lower back and place the tail upwards paralleled to the spine while bending forward.

**Step 2.** Repeat the same for the opposite side.

**Step 3.** No stretch is applied during application.



**Requires;**

2 pieces of Y tape  
Partner for taping

**Step 1.** Place the base of Y strip at the lower back and spread and adhere the tails alongside the spine.

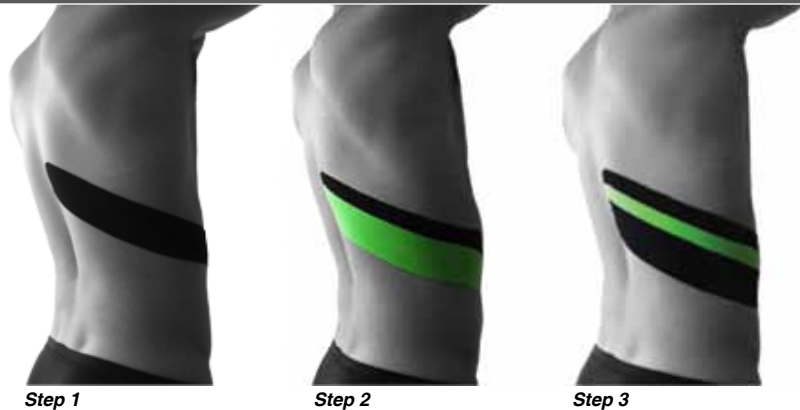
**Step 2.** Repeat the same for the opposite side.

**Step 3.** No stretch is required during application.



## Rib Pain 1 (Serratus Anterior)

**Requires;**  
3 pieces of I tape  
partner for taping



**Step 1.** Place I strip running over the rib cage from the spine towards belly.

**Step 2.** Overlap the half of the first strip with the second strip.

**Step 3.** Repeat the same with the last strip overlapping the half of the second strip.

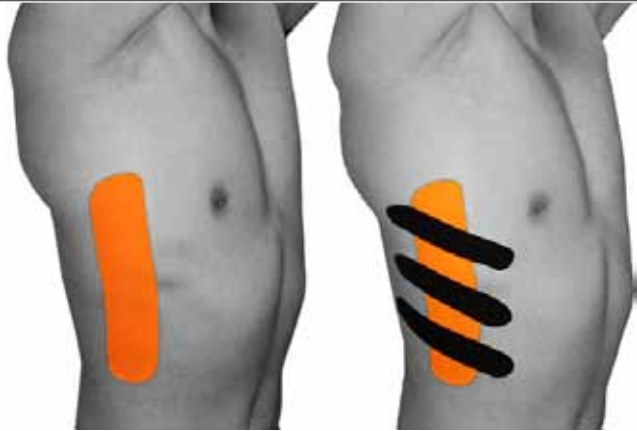
**Step 4.** No stretch is required during application.

## Rib Pain 2 (Serratus Anterior)

**Requires;**

4 pieces of I tape

Partner for taping



**Step 1**

**Step 2**

**Step 1.**

Apply tape longitudinally just under armpit.

**Step 2.**

Run three other pieces of tape paralleled to each other like shown in the picture.

## Tail Bone



**Requires;**  
6 pieces of I tape  
Partner for taping

**Step 1.**  
Anchor the base of each piece on the tail bone.

**Step 2.**  
Apply the tail of each piece of the tape to the lower back  
in a fan shape with bending forward.



## Upper Back 1 (Rhomboid)

**Requires:**

2 pieces of X tape  
Partner for taping

**Step 1.** Place the X tape on the upper back to the right side while putting the hand towards opposite shoulder.

**Step 2.** Repeat the same for the opposite side.

**Step 3.** No stretch is applied during application.



**Step 1**

**Step 2**

## Upper Back 2 (Latissimus dorsi)

**Requires;**

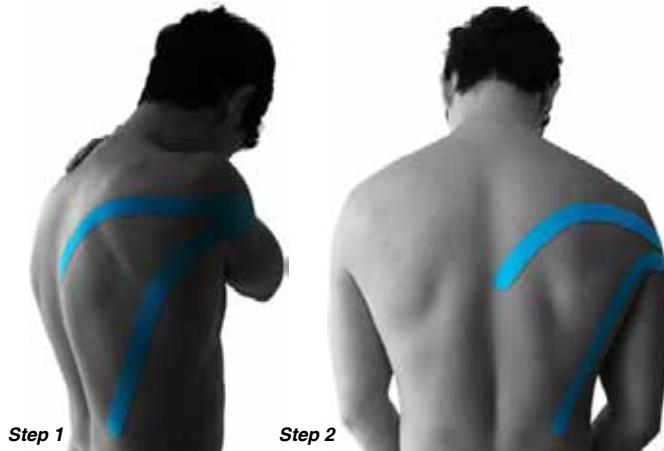
1 piece of long Y tape  
Partner for taping


**Step 1.**

Place the base of Y strip at the upper arm and spread two tails and place them as shown in the picture while putting the hand towards opposition shoulder.


**Step 2.**

No stretch is applied during application.





**Section 4**  
**Hip / Thigh**





## Front Thigh 1 (Quadriceps)

**Requires;**

3 pieces of I tape

Self-Taping is available

**Step 1.** Apply I tape above the knee to the front hip joint with slightly bending at the knee joint.

**Step 2.** Place another I tape overlapping the half of the first tape.

**Step 3.** For additional support, wrap around another tape above the knee.

**Step 4.** No stretch is applied during application.

**Step 1**



**Step 2**



**Step 3**



## Front Thigh 2 (Quadriceps)

**Requires;**

1 piece of I tape

1 piece of Y tape

Self-taping is available

**Step 1.** Apply from the hip to the knee at the front.

**Step 2.** Place the base of Y tape at the front hip joint and apply tails over the front thigh towards the knee.

**Step 3.** No stretch is applied during application.

**Step 1**



**Step 2**



**Requires;**

3 pieces of I tape

Self-taping is available

**Step 1.** Place I tape from the groin towards the thigh and apply another I tape over the medial side of the thigh as shown.

**Step 2.** For additional support, wrap another tape around the inner thigh.

**Step 3.** No stretch is applied during application.



## Hip 1 (Gluteus)

**Requires;**

1 piece of Y tape  
Partner for taping

- Step 1.** While lying on the side with legs bending at the hip.  
Attach the base to the side of the hip.
- Step 2.** Attach the front tail along the front part of the hip while  
extending leg backward at the hip.
- Step 3.** Attach the rear tail towards tailbone while  
bending leg at the hip.





**Requires;**

2 pieces of Y tape  
partner for taping

**Step 1.**

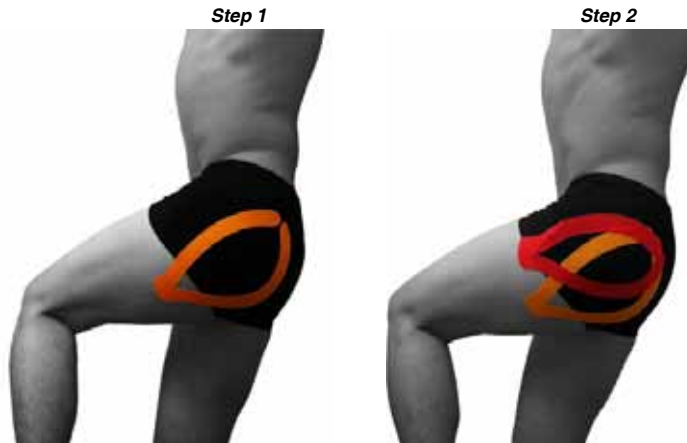
Place the base of Y strip at the lateral side of the thigh and adhere the tails covering the buttock.

**Step 2.**

Place the base of the second Y strip at the anterior part of the upper thigh and adhere the tails covering the buttock.

**Step 3.**

No stretch is required during application.



# Hip Joint

**Requires;**

- 1 piece of Y tape
- 3 pieces of I tape
- Partner for taping

**Step 1.**

Anchor the base of Y tape at the lateral side of the thigh and apply tails towards the buttock at the back as shown while bending the knee slightly forwards.

**Step 2.**

Apply other three I tapes at the lateral side of the hip joint overlapping each other as shown with mild stretch applied at the center of each tape and no stretch at the sides of the tapes.

**Step 1**



**Step 2**



## Muscles of Thigh

**Requires;**

Self-Taping is available.

Please check the photos for each application.

Apply tape from knee joint towards hip without stretch.

1> Rectus Femoris (Front Thigh)

2> Adductors(Inner Thigh)

3> IT(Illiotalibial Tract) band (Outer Thigh)

4> Biceps Femoris(Back Thigh)



## Posterior Thigh 1 (Hamstring)

**Requires;**

1 piece of I TAPE  
Self-taping is available

**Step 1.**

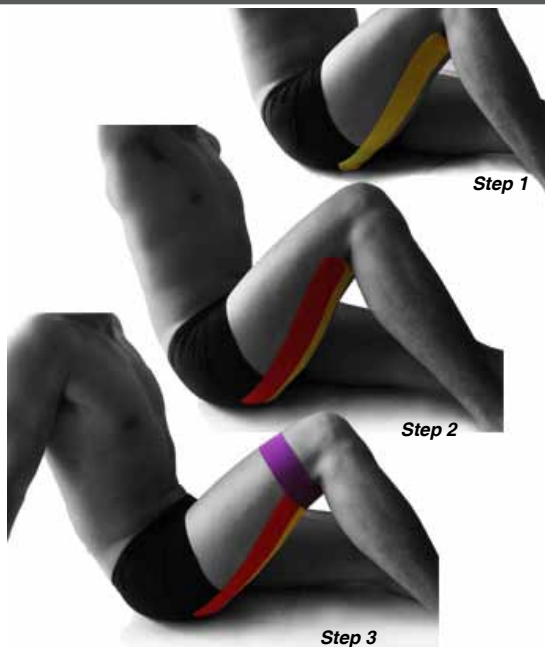
Place I tape over the thigh at the back as shown.

**Step 2.**

No stretch is applied during application.



## Posterior Thigh 2 (Hamstring)



**Requires;**

3 pieces of I tape

Self-taping is available

**Step 1.**

Anchor I tape above the knee at the back and apply the tail at the hip with 50% stretch while sitting with the knee bent.

**Step 2.**

Apply another I tape over the first tape in the same manner.

**Step 3.**

Wrap around another I tape above the knee joint.





## **Section 5**

### **Knee / Lower Leg**







# Achilles Tendon 1

**Requires;**

3 pieces of I tape

Self-taping is available

**Step 1.**

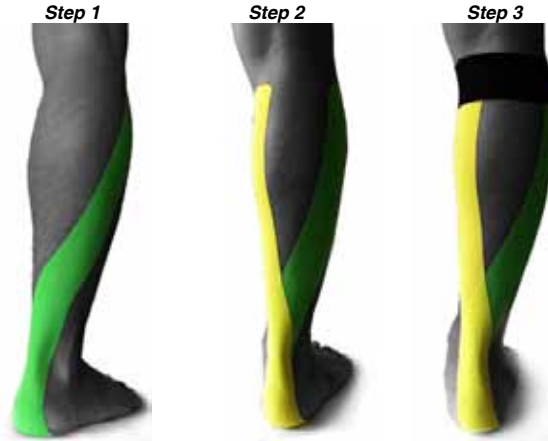
Anchor the base of I tape at the heel and apply towards the lateral side of the knee with slight stretch applied.

**Step 2.**

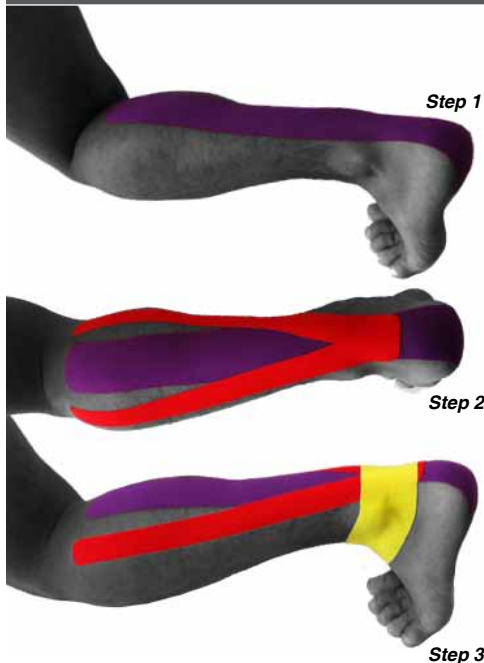
Anchor the base of another I tape at the heel and apply towards the medial side of the knee with slight stretch applied.

**Step 3.**

For additional support, wrap around the knee joint with another I tape at the level below the knee cap.



## Achilles Tendon 2



### **Requires;**

2 pieces of I tape  
1 piece of Y tape  
Self-taping is available

### **Step 1.**

Place I tape at the heel towards the calf while pointing the foot upwards.

### **Step 2.**

Apply the base of Y tape just above the heel and adhere tails covering the calf as shown while maintaining the foot bent upwards.

### **Step 3.**

For additional support, wrap around the ankle with another I tape.

### **Step 4.**

No stretch is applied during application.

## Achilles Tendon 3

**Requires;**

3 pieces of I tape

Self-taping is available

**Step 1.** Place the base of I tape at the heel and adhere the tail to the calf.

**Step 2.** Place another I tape from the lateral side of the heel to the medial side of the calf.

**Step 3.** Place the last I tape from the medial side of the heel to the lateral side of the calf.

**Step 4.** No stretch is applied during application.

**Step 1**



**Step 2**



**Step 3**



## Calf Pain

**Requires;**

3 pieces of I tape

Self-taping is available

**Step 1.**

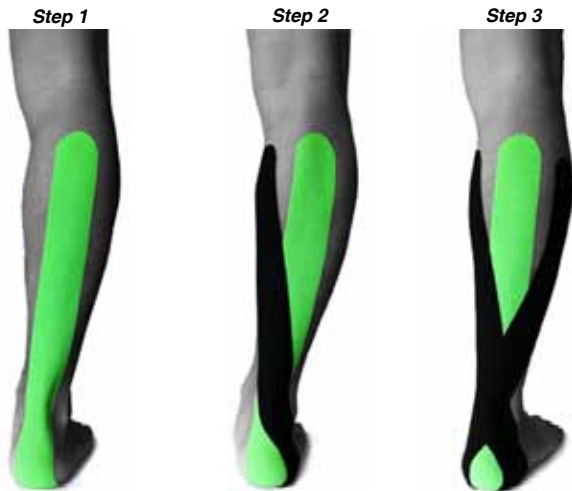
Place the base of I tape at the heel and adhere the tail to the calf.

**Step 2.**

Place another I tape from the lateral side of the heel to the medial side of the knee.

**Step 3.**

Place the last I tape from the medial side of the heel to the lateral side of the knee.



**Requires:**

1 piece of Y tape  
Partner for taping

**Step 1.** Attach the base of Y tape below the kneecap.

**Step 2.** Place the inner tail along with the medial side of the knee cap while bending the knee.

**Step 3.** Place the outer tail along with the lateral side of the knee cap.



## Knee Pain 2

**Requires;**

4 pieces of I tape

Self-taping is available

**Step 1.**

Apply I tape at the medial side of the knee around the knee cap while bending the knee slightly.

**Step 2.**

Repeat the same for the lateral side of the knee maintaining the knee slightly bent.

**Step 3.**

Wrap I tapes around the knee below and above the knee cap while bending the knee slightly.

**Step 1**



**Step 2**



**Requires:**

- 2 pieces of Y tape
- 2 pieces of I tape
- Self taping is available

**Step 1.**

Place the base of Y strip above the knee cap and adhere two tails around the knee cap crossing each other while bending the knee slightly.

**Step 2.**

Place the base of another Y strip below the knee cap and adhere two tails around the knee cap crossing each other with the knee bent slightly.

**Step 3.**

Place one end of I tape below the knee cap and run it alongside the lateral side of the leg. Repeat the same for the medial side of the leg with another I tape.

**Step 1**



**Step 2**



**Step 3**



## Knee Pain 4

**Requires;**

3 pieces of I tape

Self-taping is available

**Step 1.**

Anchor the base of tape below the knee cap and apply the tail medially at the groin while bending the knee slightly.

**Step 2.**

Repeat the same for the lateral side.

**Step 3.**

Apply tape around the knee cap for extra support.

**Step 4.**

No stretch is applied during application.





**Requires:**

- 2 pieces of Y tape
- 2 pieces of I tape
- Self-taping is available

**Step 1.**

Anchor the base of Y tape below the knee cap and apply tails around the knee cap while bending the knee slightly.

**Step 2.**

Apply two I tapes at the medial and the lateral side of the knee cap at front.

**Step 3.**

Anchor the base of another Y tape at the lateral side of the knee and apply tails over the back of the knee while stretching the knee



## Lateral Knee Pain

**Requires;**

3 pieces of I tape

Self-Taping is available

**Step 1.** Anchor I tape at the lateral side of the knee and place the end to the lateral hip joint while slightly bending the knee.

**Step 2.** Overlap another I tape for additional support.

**Step 3.** Wrap around another tape over the knee.

**Step 4.** No stretch is applied during application.

**Step 1**



**Step 2**



**Step 3**



## Medial Knee Pain

**Requires;**

3 pieces of I tape

Self-Taping is available

**Step 1.** Anchor I tape at the medial side of the knee and place the end to the groin while slightly bending the knee.

**Step 2.** Place another I tape from the inner knee over the thigh towards the lateral thigh.

**Step 3.** For additional support, wrap around the knee with another tape.

**Step 4.** No stretch is applied during application.

**Step 1**



**Step 2**



**Step 3**



## Patella Pain 1

**Requires;**

2 pieces of Y tape

Self-taping is available

**Step 1.**

Place the base of Y tape at the lateral side of the knee and adhere two tails around the knee cap while bending the knee slightly.

**Step 2.**

Repeat the same for the medial side of the knee.

**Step 3.**

No stretch is applied during application.

**Step 1**



**Step 2**



**Requires;**

1 piece of long Y tape  
2 pieces of I tape  
Self-taping is available

**Step 1.**

Anchor the base of Y tape at the front hip joint and apply tails around the knee cap while bending the knee slightly.

**Step 2.**

For additional support, apply two I tapes below and above the knee cap in slightly bent position at the knee.

**Step 3.**

No stretch is applied during application.

**Step 1**



**Step 2**



## Shin Splint

**Requires;**

2 pieces of I tape

Self-taping is available

**Step 1.**

Place I tape at the outside the foot towards the shin while pointing the foot downwards.

**Step 2.**

Apply another I tape at the inside of the foot towards the medial side of the lower leg as shown while maintaining the foot pointing downward.

**Step 3.**


No stretch is applied during application.

**Step 1**




**Step 2**





**Section 6**  
**Ankle / Foot**







**Requires;**

1 piece of Y tape

1 piece of I tape

Self-taping is available

**Step 1.**

Apply the split ends around the big toe first and run the tape towards the heel.

**Step 2.**

Wrap another I tape around the foot as shown.

**Step 1**



**Step 2**



# Hallux Valgus

**Requires;**

1 piece of Y tape

Self-taping is available



**Step 1.** Place the base of Y tape at the side of the first toe and adhere two tails towards the heel at the side.

**Step 2.** No stretch is applied during application.

**Step 3.** Change tape everyday for personal hygiene.

## Lateral Ankle Sprain

### **Requires;**

1 piece of long Y tape

1 piece of short Y tape

Self-taping is available

### **Step 1.**

Place the base of the long Y tape at the lateral side of the ankle and adhere tails covering the lateral side of the lower leg towards the knee.

### **Step 2.**

Apply another short Y tape from the back of the heel covering the lateral ankle, with one tail to the toes and another to wrap around the ankle.

### **Step 3.**

No stretch is required during application.



## Medial Ankle Sprain

### **Requires;**

2 pieces of I tape

Self-taping is available

### **Step 1.**

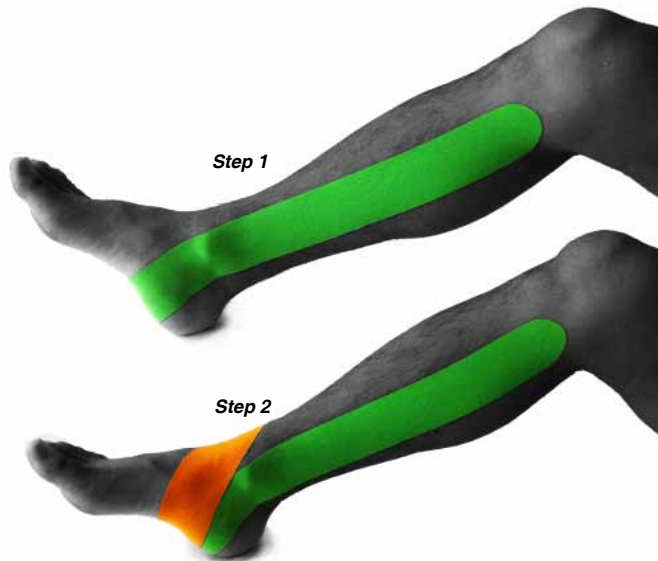
Apply one end of long I tape at the medial side of the ankle and another end to the medial side of the knee.

### **Step 2.**

Anchor another short I tape on the inside of the ankle and apply the end of the strip as shown.

### **Step 3.**

No stretch is required during application.



**Requires;**

2 pieces of I tape

Self-taping is available

**Step 1.**

Place the base of I tape over the heel and adhere the tail towards Achilles tendon with mild stretch applied while pointing the foot upwards.

**Step 2.**

Place another I tape from the medial side of the sole and apply the tail over the medial ankle with mild stretch applied.



## Sole Pain 1

**Requires;**

2 pieces of Y tape

Self-taping is available

**Step 1.**

Attach the base of the tape at the heel with toes pointing upward.

**Step 2.**

Apply the tails of the tape toward 1, 2 toes and the tails of another tape toward 3, 4, 5 toes.



**Step 1**



**Step 2**

**Requires;**

2 pieces of short Y tape

1 piece of I tape

1 piece of long Y tape

Self-taping is available

**Step 1.** Place two short Y tapes from the heel towards each toe while pointing the toes upwards.


**Step 2.** Apply I tape from the sole to the medial side heel with slight stretch.

**Step 3.** Place the base of long Y tape at the heel and apply tails towards the back of the knee over the calf.










**Section 7**  
**Clinical Taping**







***Requires:***

1 piece of I tape

Self-taping is available

***Step 1.***

Apply a square I tape on the area of bruise with 70-80% stretch at the center of the tape with no stretch applied at the sides.

***Step 2.***

For additional support, another I tape can be added over the bruise across the first tape with same method.

# Calf Cramp

## **Requires;**

- pieces of short Y tape
- 1 piece of long Y tape
- 1 piece of long I tape
- Self-taping is available

### **Step 1.**

Place two short Y tapes on the sole as shown in the picture while bending the knee and stretching out the toes.

### **Step 2.**

Place the base of another Y tape at the heel and adhere two tails covering the calf.

### **Step 3.**

Place the last I tape from the heel to the back of the knee over the calf.

### **Step 4.**

No stretch is required during application.



**Requires;**

- 2 pieces of Y tape
- A partner for taping

**Step 1.**

Anchor the base of Y tape on the outer side of Achilles tendon and run the tails towards medial side of the calf with foot pointing upward.

**Step 2.**

Anchor another base of Y tape on the inner side of Achilles tendon and run tails towards lateral side of the calf with foot pointing upward.

**Step 1**



**Step 2**



# Frozen Shoulder

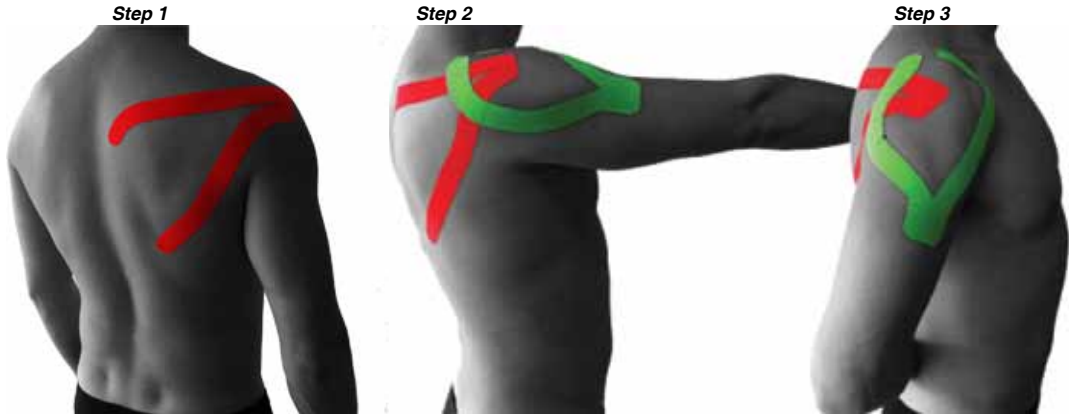
**Requires;**

4 pieces of Y tape  
1 piece of I tape  
Partner for taping

**Step 1.** Apply Y tape(**red**) from the lateral shoulder towards the back as shown.

**Step 2.** Anchor another Y(**green**) tape at the upper arm and adhere the outside tail to the top of shoulder while lifting the arm forward for stretching the posterior part of the shoulder.

**Step 3.** Apply the inside tail of the Y(**green**) tape to the top of shoulder while putting arm behind the back for stretching the anterior part of the shoulder.



**Step 4.** Place another Y tape(black) at the back of the upper shoulder from the spine as shown.

**Step 5.** Apply another Y tape(orange) from the front shoulder towards the chest as shown.

**Step 6.** Adhere short I tape(red) at the shoulder joint downwards the upper arm.

**Step 4**



**Step 5**



**Step 6**



## Flat Foot

**Requires;**

2 pieces of short Y tape

1 piece of I tape

Self-taping is available

**Step 1.** Place two short Y tapes from the heel towards each toe while stretching the toes.

**Step 2.** Apply I tape from the outside of the little toe to the inside the ankle with slight stretch.

**Step 1**

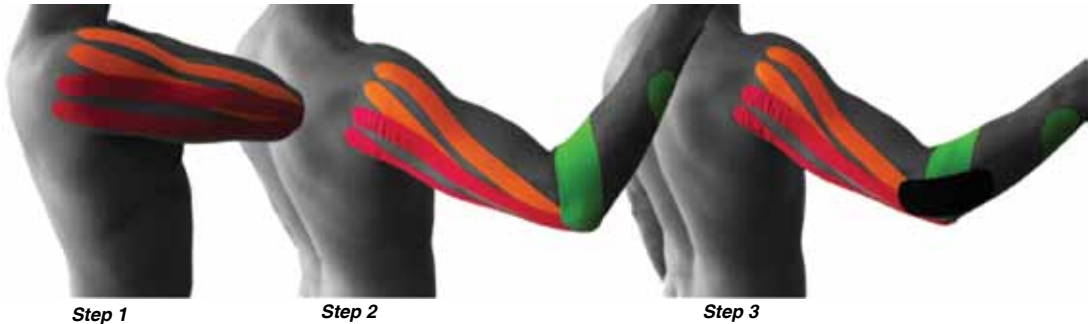


**Step 2**





## Tennis Elbow



### **Requires;**

2 pieces of Y tape  
1 piece of long I tape  
1 piece of short I tape  
Partner for taping

### **Step 1.**

Anchor the base of two Y tapes and apply towards the shoulder over the entire upper arm while putting the hand on the opposite shoulder.

### **Step 2.**

Apply long I tape from the lateral side of the elbow and wrap around the lower arm inwards as shown while bending the elbow slightly.

### **Step 3.**

Place another I tape at the lateral side of the elbow joint with 50% stretch.

## Indigestion



**Requires;**

2 pieces of I TAPE  
Self-taping is available

**Step 1.**

Apply I tape at the center of the stomach above the belly button with mild stretch at the center of the tape with no stretch applied at the sides.

**Step 2.**

Apply another I tape across the first tape with mild stretch at the center of the tape with no stretch applied at the sides.

## Intercostal Neuralgia

**Requires;**

4 pieces of long Y tape

Partner for taping

**Step 1.**

Anchor the base of two Y tapes at the lateral side of the rib cage at the front and apply the tails towards the rib cage at the back as shown while holding the arm upwards.

**Step 2.**

Anchor the base of two Y tapes at the lateral side of the rib cage at the back and apply the tails towards the chest at the front while holding the arm upwards.

**Step 3.**

No stretch is applied during application.



# Rheumatism of Ankle

**Requires;**

3 pieces of I TAPE

Self-taping is available

**Step 1.**

Anchor I tape at the lateral side of the knee below the knee cap and apply the tape to the top of the foot while lifting the heel upwards.

**Step 2.**

Apply another tape from the lateral side of the foot to the lateral side of the lower leg.

**Step 3.**

Apply last tape across the sole with one end over the medial ankle and another over the lateral ankle.

**Step 1**



**Step 2**



**Step 3**



## Rheumatism of Elbow

**Requires;**

2 pieces of Y tape

Partner for taping



**Step 1**

**Step 1.**

Anchor the base of Y tape at the tip of the elbow and apply two tails over the Triceps muscle while putting the hand at the back of the neck bending the elbow.

**Step 2.**

Apply another Y tape at the lateral side of the elbow with one tail towards the wrist and another across the lower arm.

**Step 3.**

No stretch is applied during application



**Step 2**

## Rheumatism of Finger

**Requires;**

2 pieces of I tape  
Self-taping is available

**Step 1.**

Apply I tape from the back of the wrist to the tip of the finger while stretching the finger.

**Step 2.**

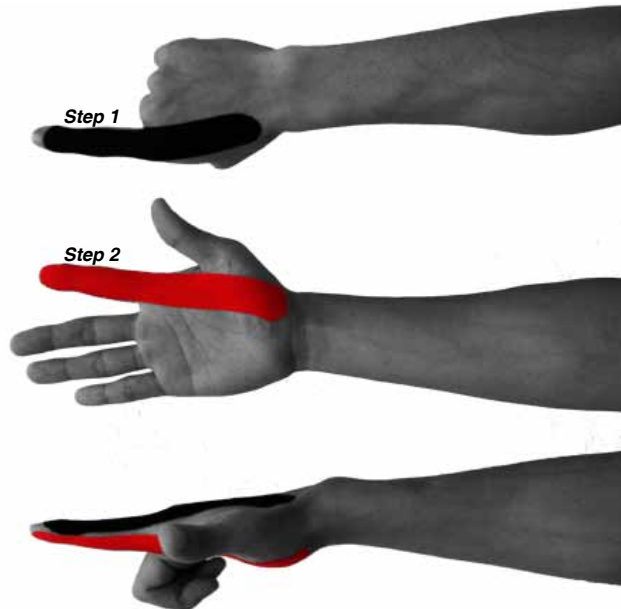
Apply another I tape from the front wrist to the tip of the finger while stretching the finger.

**Step 3.**

No stretch is applied during application.

**Step 4.**

This application can be applied for all fingers.



## Rheumatism of Knee

**Requires;**

2 pieces of Y tape  
Partner for taping

**Step 1.**

Anchor the base of Y tape at the medial side of the knee and apply two tails over the inner thigh while bending the knee slightly.

**Step 2.**

Apply another Y tape at the medial side of the knee and adhere tails around the knee cap.

**Step 3.**

No stretch is applied during application.

**Step 1**



**Step 2**



## Rheumatism of Wrist

**Requires:**

1 piece of long Y TAPE

1 piece of short Y TAPE

Self-taping is available



**Step 1**



**Step 2**

**Step 1.** Anchor the base of long Y tape at the tip of the elbow and apply two tails over the back of the hand while putting the hand on the same side shoulder.

**Step 2.** Apply short Y tape from the inner wrist outwards as shown.

**Step 3.** No stretch is applied during application.



## Shoulder Pain from Overuse

**Requires;**

2 pieces of Y tape

Partner for taping

**Step 1.** Anchor Y tape at the front shoulder and apply tails towards the chest while putting the arm at the back.

**Step 2.** Anchor Y tape at the front shoulder and apply tails towards the inner elbow covering the Biceps muscle while bending slightly at the elbow.

**Step 3.** No stretch is applied during application.

**Step 1**



**Step 2**



## Golf Elbow

### **Requires;**

2 pieces of Y tape

1 piece of I tape

Self-taping is available

### **Step 1.**

Anchor Y tape at the front wrist and apply the tails over the lower arm towards the elbow while bending the wrist backward.

### **Step 2.**

Anchor another Y tape at the medial side of the elbow and apply the tails across the arm.

### **Step 3.**

Place the last I tape over the medial part of the elbow with 50% stretch applied.



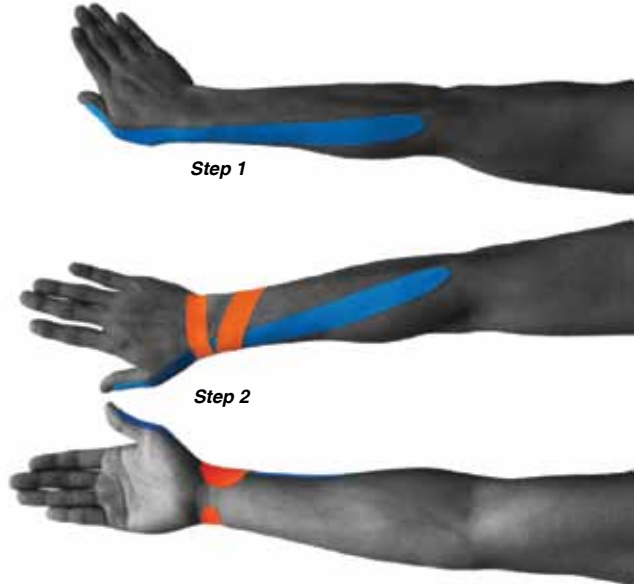
# Thumb Tendinitis

**Requires;**

- 1 piece of long I tape
- 1 piece of short Y tape
- Self-taping is available

**Step 1.**

Anchor long I tape over the tip of the thumb and apply the tail towards the lateral side of the elbow while bending the wrist outward.



**Step 1**

**Step 2**

**Step 2.**

Anchor the base of Y tape at the thumb side of the wrist and apply one tail around the wrist and another tail over the lower arm as shown.









[www.aresports.com](http://www.aresports.com)

**Copyright & Trademark Information**

Copyright©2013 by **Godlisha Corp.** in Korea.  
All rights reserved.This book is protected by copyright.