



Injury - Pain - Rehabilitation

Guide - How to apply

balance tape® 



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Introduction

Today, nearly everyone at larger sports events wears the colorful tape. Pink, turquoise or yellow are just some of the colors that catch our eyes at Soccer World Cups or Olympic Games. But what does this tape do and how is it applied? These questions will be answered here.

Balance Tape is a kinesiology tape. Kinesiology - the science of kinematics - is taught within the scope of modern medical training.

If you suffer from muscle pain or have or had injuries that impair your performance or normal well-being, Balance Tape is a simple and pleasant alternative treatment option.

Balance Tape features a specific form of elasticity that facilitates maximum locomotor capability. However, the tape's positioning is decisive for successful treatment.

This Taping Guide is intended to exclusively provide information on the use of Balance Tape and its elasticity. For best effects, the tape has to remain applied for up to one week. Before being removed, it should have already begun to detach by itself.

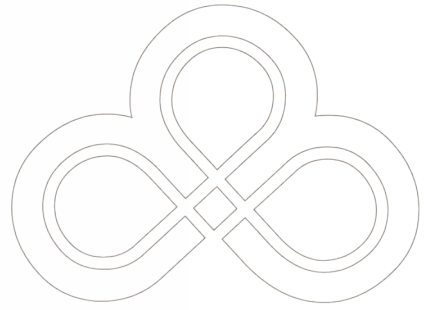
Balance Tape follows your movements in a pleasant way while providing relieving support thanks to its special application technique.

In case you are uncertain how to tape or fail to achieve the intended results, we recommend consulting a qualified kinesiology taper.

"6m tape of high quality"

www.balance-tape.com





I'd been suffering from bicep pain for a while and couldn't lift more than maximum 60 kilos. I was taped with Balance Tape but didn't expect to feel much of a difference. That same night, I achieved a five with 130 kilos - without any problems.

- Marcus, weightlifter



balance tape 

Before Using Balance Tape

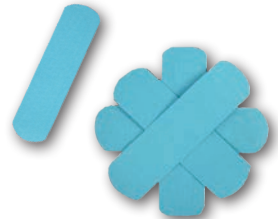


For perfect adhesion:
Generally ensure to round the edges. Avoid touching the adhesive. Also avoid body lotion before applying. If necessary, shave off excessive hair.

Rounding the edges



Cut the tape after instructions;
Example:
Single strip /parted strip
Y-shaped strip
Cross / star



For the muscle technique, open the tape approx. 4cm from one end. Is usually applied at 25 % stretch* per each layer. When using the muscle technique, please generally stick on one end first, then apply the tape, and finally stick on the other end.

Muscle technique



For the ligament technique, open the tape in the middle. The tape's opened center is then applied wherever pain can be located at a specific spot. The tape is applied as a single strip (possibly form a cross) at 75 % stretch* per layer by finally sticking both ends to the skin.

Ligament technique



****100% stretch= tape stretched to the maximum***

- Apply the tape ensuring that 3-4cm of each end is applied without stretch.
- Once the tape has been applied, activate the glue by rubbing carefully with the flat of the hand to warm the tape.
- Apply body lotion/oil to skin to remove adhesive residues.
- PLEASE NOTE: remove the tape immediately if any skin irritations occur. For sensitive skin, we recommend Balance Tape Sensitive.

Neck



Problem: neck trouble

The amount of tape needed: 1 Y-shaped strip plus 1 single strip



Fig. 1-3

First apply only 1 end at 25% stretch along the neck. Attach the tapes end without any stretch.

Fig. 4

Apply the same way on the other side of the neck.

Fig. 5

Ligament technique: apply horizontally across the neck at 75% stretch. Finally, attach the ends without any stretch.

Neck / Shoulder - Trapezius

Problem: neck / shoulder troubles

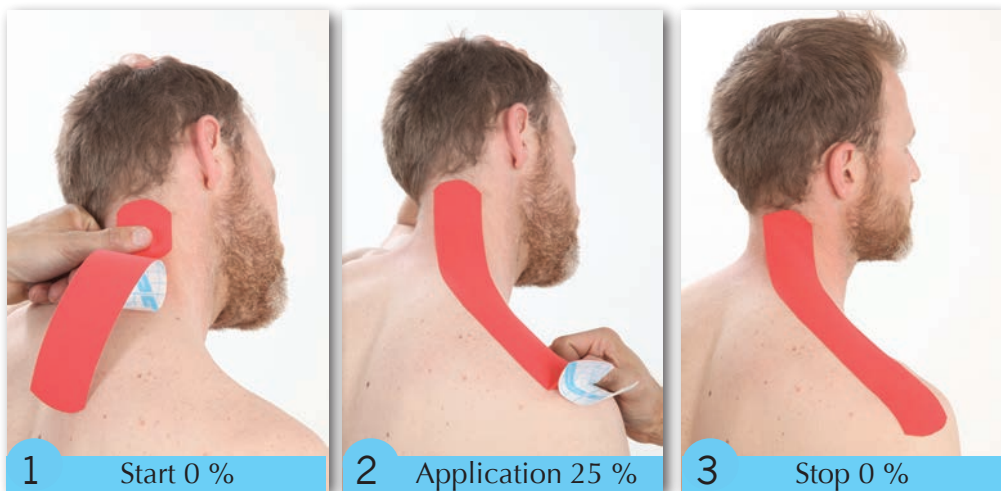
The amount of tape needed: 1 single strip

Fig. 1

Stretch the neck. Apply the tape without any stretch at the hairline.

Fig. 2-3

Apply the tape at 25% stretch along the neck, towards the shoulder. Attach the end without any stretch.



Tape the neck's / shoulder's other side the same way.

Neck / Shoulder - Levator Scapulae

Problem: neck / shoulder trouble

The amount of tape needed: 1 single strip

Fig. 1-2

Attach the tape without any stretch. Apply along the neck, downward across the scapula at 25% stretch.

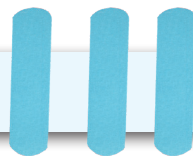
Fig. 3

Attach the tape's end without any stretch.



Tape the neck's / shoulder's other side the same way.

Posture Correction



Problem: bad posture, bent back
The amount of tape needed:
3 single strips

Fig. 1

Horizontally apply one strip in ligament technique at 75% stretch across the scapulae. Attach the ends without stretching the tape.

Fig. 2-4

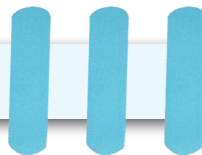
Apply one strip without any stretch to the clavicle and at 75% stretch diagonally across the scapula. Attach the end without any stretch.

Fig. 5

Repeat the above steps for the second scapula.



Shoulder



Problem: shoulder pain

The amount of tape needed: 3 single strips

Fig. 1-3

Place the hand on the opposite shoulder. Attach the tape without any stretch to the arm and apply it upwards towards the shoulder at 25% stretch. Attach the ends without any stretch.

Fig. 4-6

Place the hand on the hip and repeat the above steps on the other side of the arm / shoulder.

Fig. 7

Ligament technique across the shoulder at 75% stretch. Attach the ends without any stretch.



Result



1 Start 0 %



2 Application 25 %



3 Stop 0 %



4 Start 0 %



5 Application 25 %



6 Stop 0 %



7 Ligament technique 75%

Shoulder - AC joint



Problem: pain in shoulder / AC joint

The amount of tape needed: 3 half strips

Fig. 1

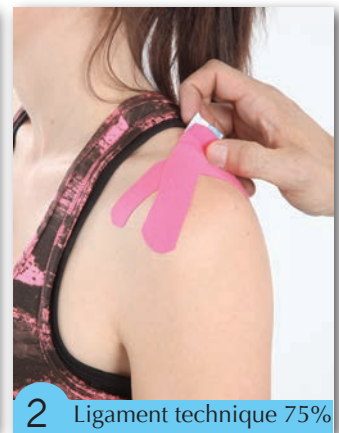
Ligament technique 75% stretch across the aching area.
Attach the ends without any stretch.

Fig. 2

Ligament technique 75% stretch cross-shaped.
Attach the ends without any stretch.

Fig. 3

Ligament technique 75% stretch star-shaped.
Attach the ends without any stretch.



Arm - Biceps

Problem: biceps pain, front part of upper arm

The amount of tape needed: 1 single strip

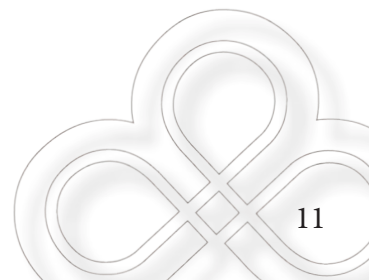
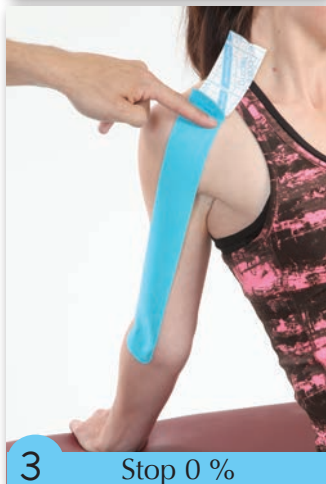
Fig. 1

Attach to the biceps muscle's starting point without any stretch.

Fig. 2-3

Apply upwards towards the shoulder at 25% stretch.

Attach without any stretch.



Arm - Triceps

Problem: triceps pain, backside of upper arm

The amount of tape needed: 1 single strip

Fig. 1-2

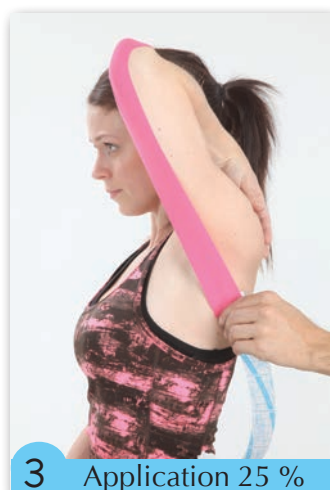
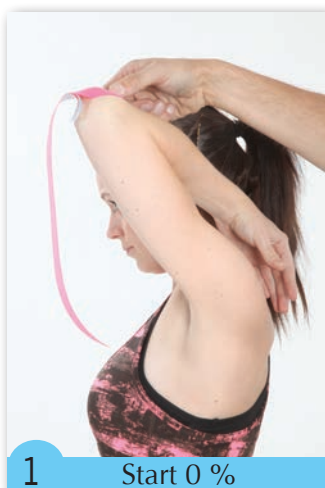
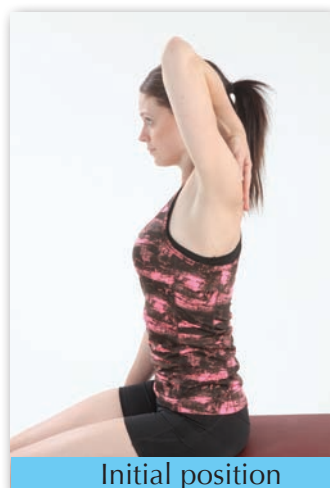
Attach tape to the elbow without any stretch.

Cut out an opening for the elbow.

Fig. 3-4

Attach all along the triceps muscle at 25% stretch.

Attach without any stretch.



Tennis Elbow



Problem: pain at the elbow's outside.

The amount of tape needed:
2 single strips
2 half strips

Fig. 1-3

Attach to the wrist without any stretch.
Apply across the arm at 25% stretch.
Attach the end without any stretch.

Fig. 4

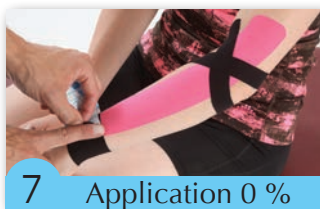
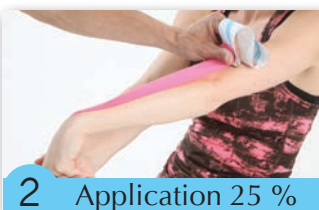
Ligament technique 75% stretch across the arm. Attach the ends without any stretch.

Fig. 5

Ligament technique with strips that form a cross, repeat. Attach without any stretch.

Fig. 6-7

Apply the strip of tape around the wrist without any stretch. Attach without stretch.



Wrist



Problem: pain in the wrist

The amount of tape needed: 2 single strips

Fig. 1

Apply around the wrist in ligament technique at 75% stretch. Finally, attach the end without any stretch.

Fig. 2-4

Flex the wrist. Attach the tape without any stretch.

Apply at 25% stretch. Attach the tape without any stretch.



Thumb

Problem: pain in the thumb (can also be used for other fingers)

The amount of tape needed: 2 half strips

Fig. 1-3

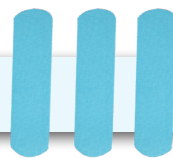
Attach the tape without any stretch across the thumb. Apply at 25% stretch towards the wrist. Attach the tape without any stretch.

Fig. 4

Wrap another tape around the thumb without any stretch.



Back - Thoracic Spine



Problem: aching area on the back

The amount of tape needed: 3-4 single strips

Fig. 1

Ligament technique 75% stretch across the thoracic spine.
Attach the ends without any stretch.

Fig. 2

Ligament technique 75% stretch across the thoracic spine.
Attach the ends without any stretch.

Fig. 3

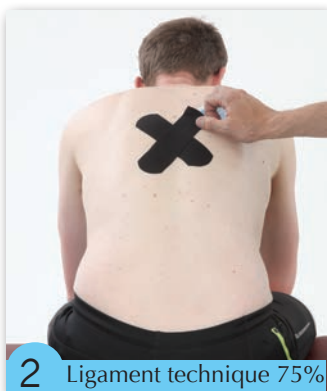
Ligament technique 75% stretch across the thoracic spine.
Attach the ends without any stretch.



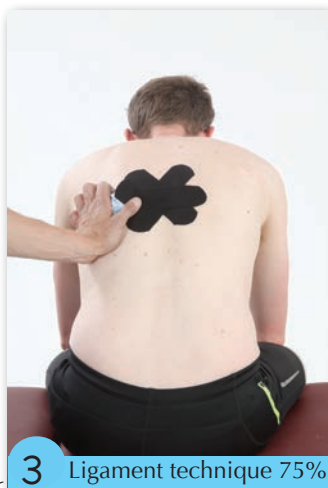
Initial position



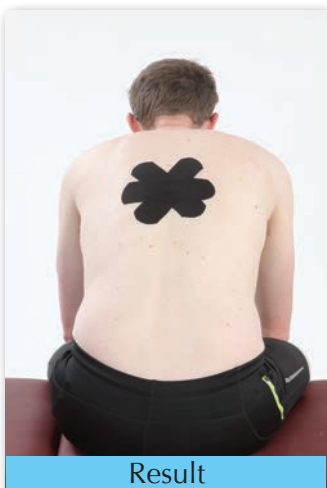
1 Ligament technique 75%



2 Ligament technique 75%



3 Ligament technique 75%



Result



Back - Lumbar Spine



Problem: aching lumbar spine

The amount of tape needed: 1 Y-shaped strip

Fig. 1

Attach the non-separated end of the Y-shaped taped without any stretch.

Fig. 2-3

Apply the tape strip on the right side of the spinal column at 25% stretch. Attach without any stretch.

Fig. 4

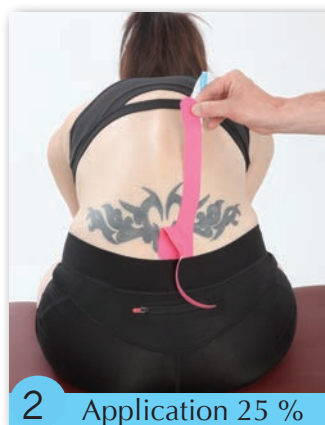
Apply the above step along the left side of the spinal column. Attach without any stretch.



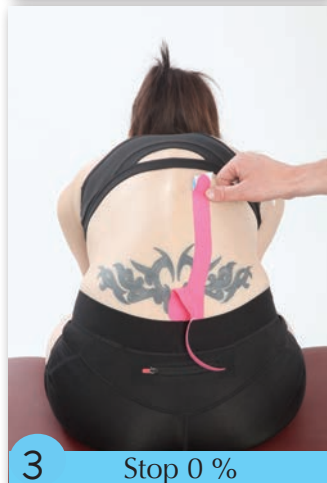
Initial position



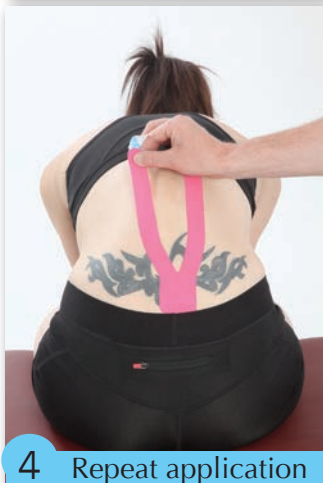
1 Start 0 %



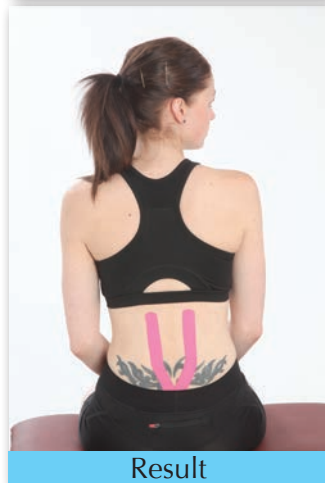
2 Application 25 %



3 Stop 0 %

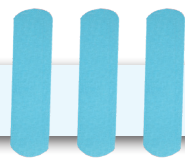


4 Repeat application



Result

Ilium



Problem: hip pain

The amount of tape needed: 3-4 single strips

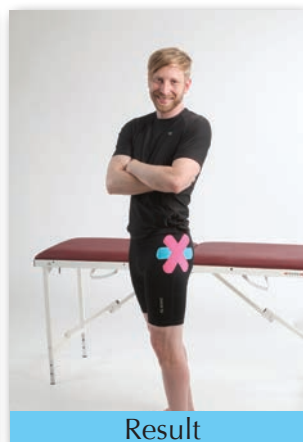


Fig. 1

Ligament technique 75% stretch horizontally across the hip.
Attach the ends without any stretch.

Fig. 2-3

Place 2 strips of tape in ligament technique at 75% stretch as a cross.
Attach the ends without any stretch.



PLEASE NOTE: generally apply the tape to the skin directly!

Groin

Problem: rupture, pain in the groin area

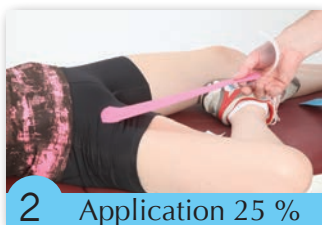
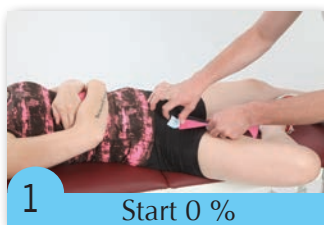
The amount of tape needed: 2 single strips

Fig. 1-3

Attach the tape without any stretch to the groin and apply along the entire inner side of the thigh at 25% stretch. Attach to the knee without any stretch.

Fig. 4-6

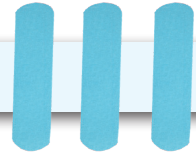
Repeat the above procedure with another strip.



PLEASE NOTE: generally apply the tape to the skin directly!



Knee



Problem: knee problems

The amount of tape needed: 3 single strips

Fig. 1-3

Place the tape a few centimeters below the patella without any stretch. Apply around the knee at 25% stretch.

Attach the tape without any stretch above the knee.

Fig. 4-6

Repeat the above step on the knee's other side.

Fig. 7

Apply a strip of tape in ligament technique at 75% stretch right underneath the knee.







Jumper's Knee

Problem: strain

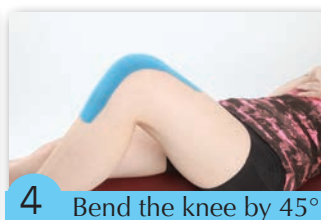
The amount of tape needed: 2 single strips

Fig. 1-4

Attach the tape below the knee without any stretch. Then apply straight upward across the knee at 25% stretch. Attach the ends without any stretch. Bend the knee in a 45-degree angle.

Fig. 5

Ligament technique at 75% stretch across the lower part of the patella. Attach the ends without any stretch.



Runner's Knee

Problem: troubles at the knee's outer side

The amount of tape needed: 3 single strips

Fig. 1-3

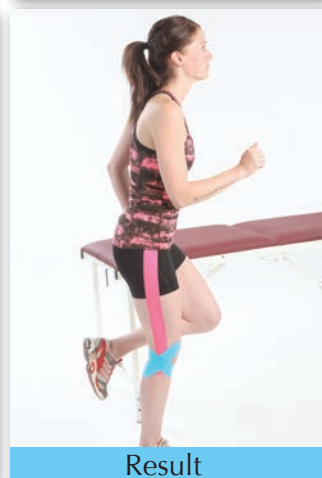
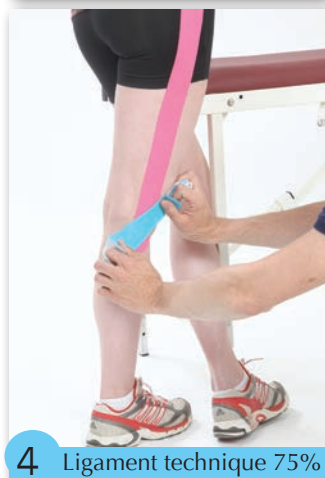
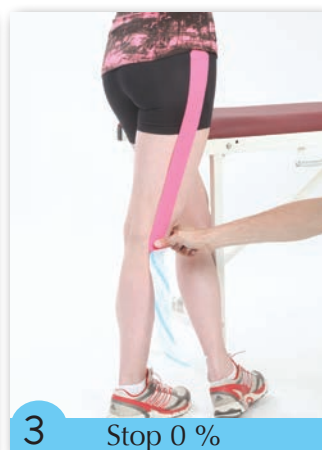
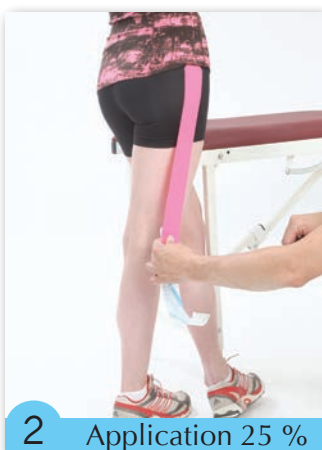
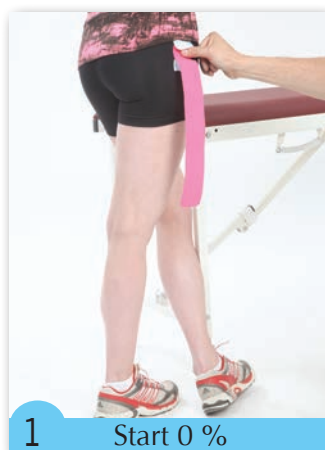
Attach the tape to the hip without any stretch and apply downward towards the knee's outer side at 25% stretch.

Attach without any stretch.

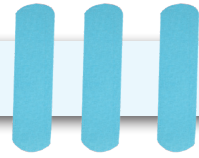
Fig. 4-5

Apply ligament technique at 75% stretch, forming a cross.

Finally, attach the ends without any stretch.



Femoral Front - Quadriceps



Problem: strain, rupture

The amount of tape needed: 3 single strips.



Result



Initial position

Fig. 1-3

Attach the tape to the groin without any stretch. Spread the tape along the entire thigh all the way to the knee's outer side at 25% stretch.

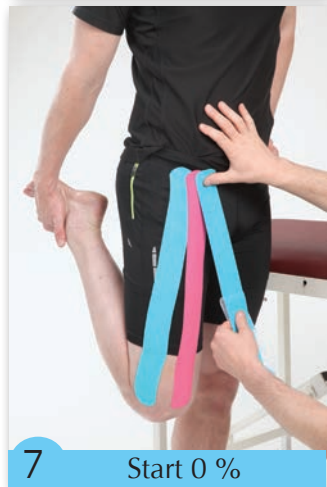
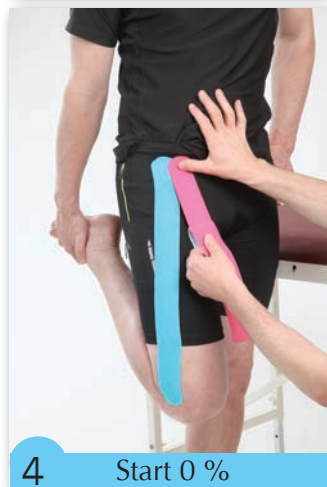
Complete by attaching the tape without any stretch.

Fig. 4-9

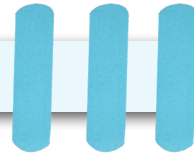
Repeat the above procedure with 2 more strips of tape. 1 strip is supposed to run towards the knee's center; the other strip is supposed to run towards the knee's inner side.

PLEASE NOTE: generally apply the tape to the skin directly!





Femoral Back - Hamstrings



Problem: strain, rupture

The amount of tape needed: 3 single strips

Fig. 1-3

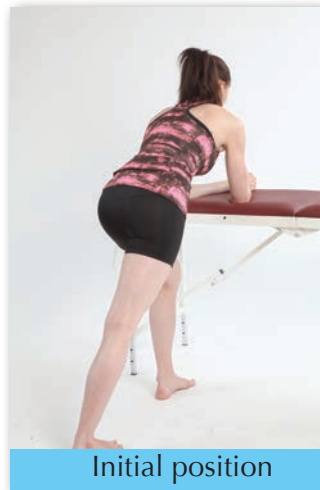
Attach the tape to the hamstring / femoral back without any stretch. Apply along the entire femoral inside at 25% stretch and complete by attaching the tape without any stretch.

Fig. 4-9

Repeat the above steps with 2 more strips of tape. 1 runs along the femoral back's center, the other one along the thigh's outer side. Finally attach the ends without stretching the tape.

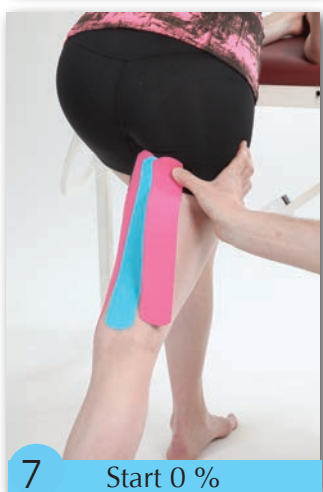
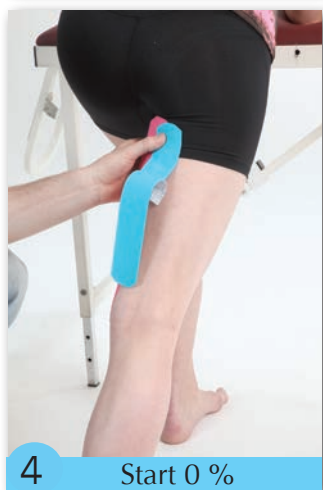


Result



Initial position

PLEASE NOTE: generally apply the tape to the skin directly!



Calf - Gastrocnemius

Problem: strain, rupture

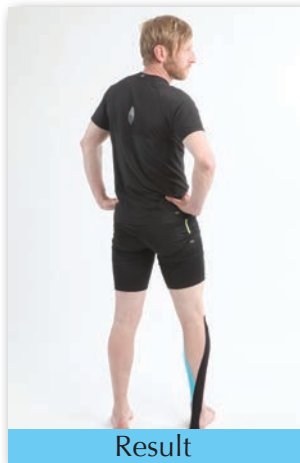
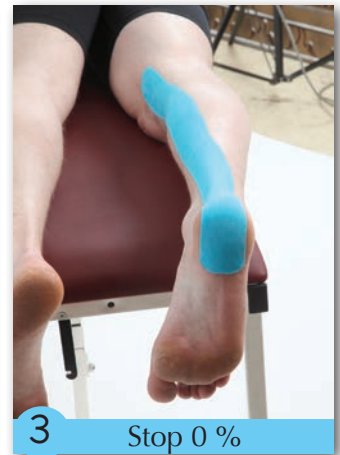
The amount of tape needed: 2 single strips.

Fig. 1-3

Attach the tape without any stretch below the heel. Apply the tape upward towards the legs at 25% stretch. Attach without any stretch at the knee's inner side.

Fig. 4

Repeat the above steps at the calf's outer side.



Calf - Soleus

Problem: strain

The amount of tape needed: 1 single strip

Fig. 1

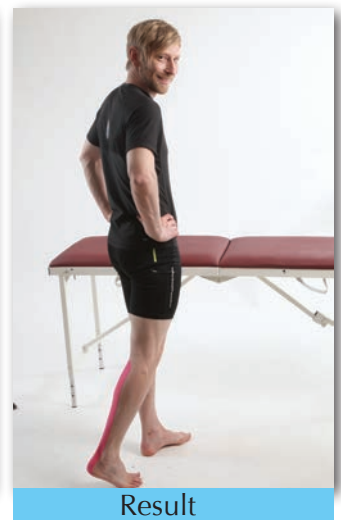
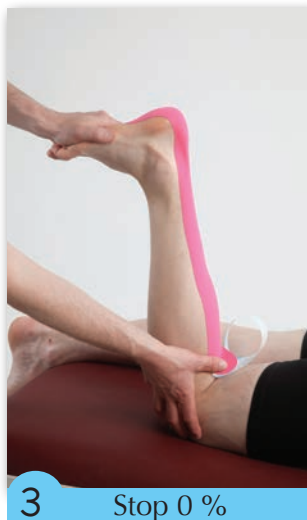
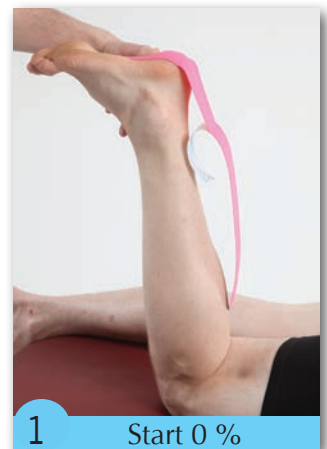
Attach the tape without any stretch below the heel.

Fig. 2

Apply along the calf's enter at 25% stretch.

Fig. 3

Finally, attach the tape right underneath the back of the knee without any stretch.



Periosteum

Problem: periosteal trouble

The amount of tape needed: 1 single strip

Fig. 1

Stretch the foot's top. Apply the tape underneath the knee without any stretch.

Fig. 2

Apply the tape along the entire tibia at 25% stretch.

Fig. 3

Attach the tape without any stretch at the foot's top.



Foot – Sprained Ankle



Problem: sprain, instability

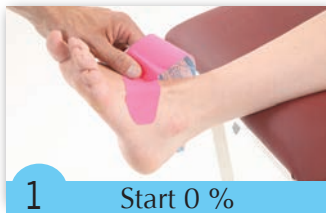
The amount of tape needed: 2 single strips.

Fig. 1-3

Attach the tape to the top of the foot without any stretch. Apply around the foot's bottom side and upwardly towards the leg's outer side at 75% stretch.

Fig. 4-6

Repeat the above steps with another strip of tape.



Sores

Problem: sore skin



Foot - Achilles' Tendon

Problem: Achilles' tendon trouble, inflammation

The amount of tape needed: 3 single strips

Fig. 1-3

Attach the tape right underneath the heel without any stretch. Apply the tape along Achilles' tendon at 25% stretch. Attach above Achilles' tendon without any stretch.

Fig. 4

Ligament technique at 75% stretch above the aching area at Achilles' tendon. Finally, stick on the ends without any stretch.

Fig. 5

Attach a strip underneath the foot without any stretch.



Foot - Front Foot Arch



Problem: pain underneath the foot's front part

The amount of tape needed: 2 single strips

Fig. 1

Ligament technique at 75% stretch across the foot's front part.
Complete by attaching the ends without any stretch.

Fig. 2-4

Bend ankle / toes towards the body. Attach without any stretch.
Apply the tape towards the heel and Achilles' tendon at 50-75% stretch.



1 Ligament technique 75%



2 Start 0 %



3 Application 50-75%

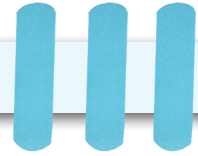


4 Stop 0 %



Result

Foot - Calcaneal Spur / Plantar Fasciitis



Problem: calcaneal / foot arch trouble

The amount of tape needed: 3 single strips

Fig. 1-3

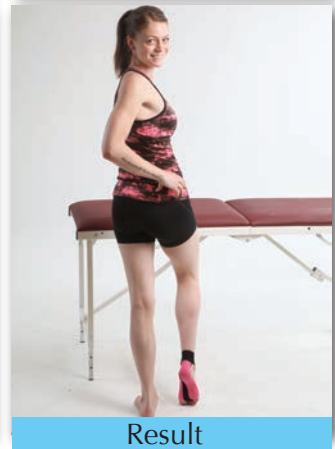
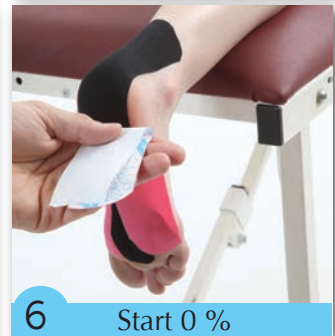
Attach without any stretch. Apply towards Achilles' tendon at 25% stretch. Attach the tape without any stretch.

Fig.4-7

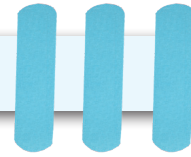
Repeat the steps along the foot's center and outer side.

Fig. 8

Apply a strip horizontally across Achilles' tendon without any stretch.



Foot - Calcaneal Problems



Problem: calcaneal trouble

The amount of tape needed: 3 single strips.

Fig. 1

Ligament technique across the heel at 75% stretch. Complete by attaching the ends without any stretch.

Fig. 2

Ligament technique at 75% stretch underneath the heel. Complete by attaching the ends without any stretch.

Fig. 3-5

Bend ankle / toes towards the body. Apply one strip across the heel at 50-75% stretch. Finally, attach the tape right above Achilles' tendon.



Result



1 Ligament technique 75%



2 Ligament technique 75%



3 Start 0 %



4 Application 50-75%



5 Stop 0 %

Foot - Hallux Valgus

Problem: Hallux valgus; malposition of big toe

The amount of tape needed: 2 half strips and 1 Y-shaped strip



Fig. 1-2

Apply a strip cut into half without any stretch from the heel's outer side to the center of the foot arch at the foot's inner side.

Fig. 3-4

Continue applying that same strip at by now 75% stretch. Attach at the outer side of the big toe without any stretch.

Fig. 5-7

Apply on strip cut into half around the big toe without any stretch.

Fig. 8-12

Cut a strip in Y-shape. Attach the undivided end to the foot's top side without any stretch. Apply the tape underneath the foot without any stretch. Apply both parts of the Y-shaped tape at 75% stretch. Attach the ends without any stretch.





Foot - Hammer Toe



Problem: the smaller toes are crooked. Frequently concomitant to rheumatic diseases.

The amount of tape needed: 1 single strip, two half strips

Fig. 1-3

Bend down the toe. Attach the tape to the toe without any stretch. Apply towards the foot's top side at 25% stretch. Complete by attaching the tape without any stretch.

Fig. 4-6

Apply one strip around the toe without any stretch.

Fig. 6

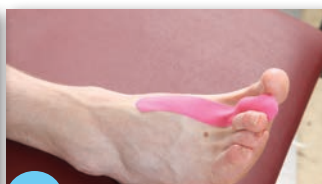
Apply one strip of tape around the foot without any stretch.



1 Start 0 %



2 Application 25 %



3 Stop 0 %



4 Start 0 %



5 Application 0 %

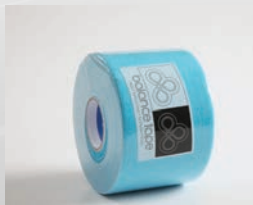


6 Stop 0 %



7 Application 0 %





Hegu® Balance Tape™ for Physio Therapy
Natural glue • 6 meter tape on every roll • Water-resistant
• Natural colors • Swedish quality product
• Suggested for all taping methods



Definitions

AC-Joint	<i>Means “acromioclavicular joint”, which connects the shoulder’s outer tip. It stabilizes shoulder joint with scapula and clavicle.</i>
Adductor Muscles	<i>Consist of various minor muscles, brevis, longus, and magnus, all of which serve to lead the knees towards each other. Origin: pubic bone. Run along the femoral inside.</i>
Achilles’ Tendon	<i>Refer to “Calcaneal Tendon”.</i>
Periostitis	<i>Pain in the shanks’ muscles or muscle insertions. Usually caused by strain, e.g. related to intensive training, quickly increased amount of daily training, or changed pads. Is commonly related to running, jumping exercises, or extended walks and may require long recovery times.</i>
Biceps	<i>Biceps brachii. “Bi” means “two”, “Ceps” means “head” and “brachii” stands for “arm”. The arm’s two-headed muscle. It serves to flex the arm. Origin: anterior/exterior part of the shoulder blade (Acromion, Coracoideus). Attached at radius.</i>
Thoracic Spine	<i>Consist of 12 vertebrae located in the spinal column. Strain and deep muscle tension at the thoracic spine are not unusual.</i>

Gastrocnemius / Soleus	Two calf muscles located at the backside of the tibia. These muscles allow for turning the ankle upwards. They are deployed for walking and standing. Location: backside of the tibia, right above the knee joint. Attached via Achilles' tendon at the heel bone.
Golfer's Elbow	Similar to tennis elbow. Difference: aching area is located at the elbow's inner side.
Hallux Valgus	Malposition of the big toe. If the big toe's bone is positioned incorrectly, the toe is pressed against the remaining toes while the part of the toe bone that is closest to the joint moves towards the outside. Frequently observed with dancers. Heritable.
Hamstring Muscle	Three muscles located in the femoral backside. Serve to stretch the hip by flexing the leg backwardly and to bend the knee joint. Origin: ischial tuberosity. At tached to the innerback part of the tibial head.
Calcaneal / Heel Bone	Located in the posterior lower part of the foot, forms the calcaneal tuberosity, which transmit the body's weight to the sub surface and constitutes a torque for the calf muscles. Achilles'tendon is attached to the calcaneal.

Levator Scapulae

“Levator scapulae muscle”.
Serves to lift the shoulder blade.
Connected to the stress center.
Being exposed to ongoing stress,
we might suffer from neck and
shoulder pain. Origin:
cervical vertebrae C1-C4.
Attached to the shoulder blade’s
top angle.

Ligament Technique

The tape’s specified stretch across
a specific painful region.

Lumbar Spine

Section at the lower back, near
the pelvis. This part normally
consists of 5 vertebrae.

Runner’s Knee

(Ileotibial Band Syndrome). Is
frequently described as searing
pain in the soft parts of the knee’s
outer side that may occur in
presence of strain. Frequently
suffered from by long-distance
runners, skiers, cyclists or weight
lifters.

Plantar Fasciitis

Painful inflammation of the foot
arch’s plate. Frequently caused
by overexertion of the Plantar
Fascia or the foot arch’s tendon.
An extremely frequent occurring
problem that can be difficult to
overcome if it is not treated correctly.

Quadriceps Muscle

The body's largest muscle, consisting of 4 muscle bellies located at the femoral front. They serve to correctly align the legs. Origin: ilium and femur. Attached to the tibial front right underneath its head via patellar tendon.

Tennis Elbow

Inflammation of the muscle's insertion at the elbow's outer side, caused by various minor ruptures in the muscles located at the lower arm bone's outer side.

Trapezius

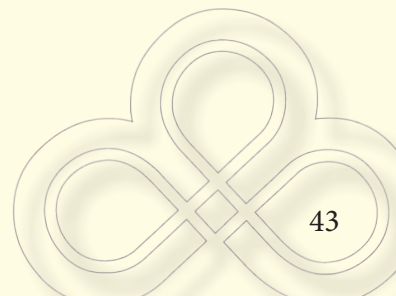
Consists of 3 muscles in the back's upper part, the upper part of the thoracic spine. Frequently called "Musculus trapezius".

Triceps

Triceps brachii is the muscle that allows for stretching out the arm. "Tri" means "three", "ceps" means "head", and "brachii" stands for "arm". The arm's three-headed muscle. Origin: shoulder blade and humerus. Attached to ulna.

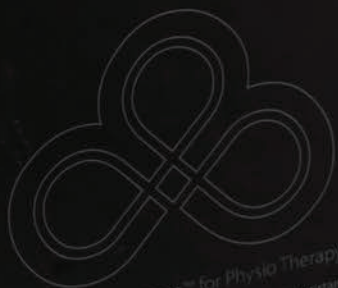
Ankle

The anatomical part between tibia and foot. Comprises several joints and bones. Ankle injuries are frequent problems; dislocation / sprain.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom-left corner, there is a faint, light gray circular logo or watermark. The rest of the page is completely empty and white.

The present user guide is exclusively intended for the application of Balance Tape. Instructions and recommendations for other kinds of kinesiology tape may differ from the ones provided here.



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Natural colors - Swedish quality product
Recommended for all taping methods

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