



Information for
patients and
carers

Therapeutic Tape

Your Physiotherapist/Occupational therapist has decided that a Therapeutic Taping procedure is an appropriate part of your treatment. Please read the following leaflet and ask your therapist for further information if there is something you do not understand.

When taping should not be used

Before application, please inform your physiotherapist/occupational therapist if you have any of the following:

- A known allergy to the adhesive used in tape
- Infection, open wounds, skin lesions, cuts, burns, sunburn or other type of skin irritation in the area to be treated
- Compromised circulation/nerve supply to the area being treated
- If you would be unable to remove the tape should irritation occur

Tape applied

- Kinesiology
- Zinc Oxide

Your tape has been applied to

- Reduce pain
- Reduce swelling
- Facilitate / inhibit muscle function (activity)
- To support a joint or postural position
- Stability / protection from soft tissue injuries
- Injury prevention
- Proprioception (increased awareness of your body)

General advice and precautions

- For best application your skin will need to be clean, dry and free from oils or creams. It may also be necessary for you to trim or shave the area as this may affect application and maintenance
- If the tape makes your symptoms worse, please remove immediately (see below for information on allergic reaction)
- Avoid activities that may cause sweating for 1 hour after tape application
- Tape is waterproof and breathable and can be worn during exercise, swimming and showering
- When drying it is advisable to pat dry as opposed to rubbing which may loosen the edges
- Tape will usually last up to 3-5 days with proper application and maintenance. Please do not leave the tape on any longer than this
- Check the skin remains a normal colour in the area and has full sensation. If the skin becomes very pale, blueish or the sensation feels less as you rub the area remove the tape immediately

How to remove

- It is more comfortable to gently remove the tape in the direction of hair growth
- The tape can be gently rolled off the skin. Do not tear it off as this can cause damage to the skin and increases pain
- Tape will be easier to remove after a shower/bath as the glue will have softened

Please monitor for signs of an allergic reaction. These may include swelling, itchiness, redness, blistering.

Remove tape immediately if you experience any adverse effects and wash area with warm soapy water to remove any adhesive residue. If symptoms are severe or persistent then you should contact the GP.

Contact details

Should you require further advice or information please contact:

Core therapies Royal Preston Hospital: 01772 522876

Core Therapies Chorley Hospital: 01257 245757

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے یغل مدد یک ضرورت ہے تو ییچھپیا یں یبھ ابی دست بو یسکت ہے برا ئے مہر یبان پو ییچھہی۔ معلومات

Arabic:

مطبوعه بأ ح ر ف كبير ة و بلغات إذا كنت تريد مساعدة في فهم هذه لمعلومات ير جى أن نطلب آخرى يمكن تو فيير هذه المعلومات

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