FAQ

Q: What is the Kintape?
A: Kintape is the kinesiology tape produced by GIMA.
Kintape has positive physiological effects on the human body using certain taping methods.
The effects result from the interaction between the tape which is applied by certain methods, and body systems including lymphatic and blood circulation, and the neural, muscular and fascial systems. Today, kintape is widely used by therapists to change muscle power, guide lymphatic fluids, and to correct and improve posture.
Q: What are the "Shoulder"," Knee", "Waist" etc. used for?
A: Here is the Range of the application for reference. (FOR REFERENCE ONLY)

Shoulder:
1. Frozen shoulder.
2. Sore or painful shoulder.
3. Deltoid muscle pain.
4. Inability to lift arm or turn inwards or outwards.

Lumbar vertebra:
1. Protrusion of intervertebral disc.
2. Waist sprain.

Neck:
1. Cervical spondylosis.
2. Neck and shoulder muscle strain.
3. Stiff neck.
4. Semispinalis damage.

Back:
1. Sore or pain on the back.
2. Stiff back.

Knee:
1. Gonarthromeningitis.
2. Meniscus injury.
3. Medial and lateral collateral ligament injuries.
4. Knee swelling.

Waist:
1. Sore or painful waist
2. Strain of lumbar muscles.
3. Lack of strength in waist muscles

Ankle:
1. Ankle sprain.
2. Ankle swollen

Wrist:
1. Wrist sprain.

Leg:
1. Sore or painful leg.
2. Varicose veins.
3. Leg muscle lack of strength.

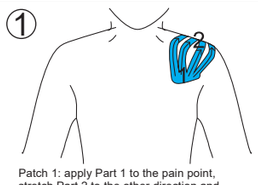
Q: Can I use the Tape without supervision from a therapist?
A: Yes, just use it at home by yourself, even if you haven't used Kintape before.
Q: How is it used?
A: Follow the instructions, take out the correct piece of Kintape. Stick to the parts without the backing paper as the manual says.
Q: What is the "ball" on the tape?
A: It is an identification of the elasticity.

Means stretching the tape perfectly

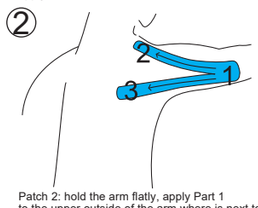
Means up to the stretch safe limit

Q: How long can it be worn?
A: It is advised to wear it for 4-7 days at a time. But peel it off if you notice an allergy or you feel unwell.
Q: How many times can it be used on one part of the body?
A: 12 times usually, and it also depends on varying degrees of recovery
Q: What else should I know during the application phase?
A: 1. Keep the skin clean and dry before using.
2. If the tape is too taught, it can cause itching, but it only lasts for around 10 minutes.
3. The tape will stick to the skin closely after 30 minutes, by which time it is resistant to perspiration.
4. The Tape should be worn for 4-7days. There is no risk of damage from showering.

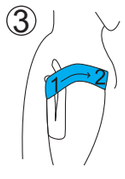
SHOULDER



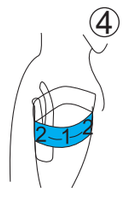
Patch 1: apply Part 1 to the pain point, stretch Part 2 to the other direction and apply it.



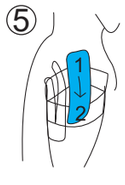
Patch 2: hold the arm flatly, apply Part 1 to the upper outside of the arm where is next to the elbow, stretch Part 2 and 3 softly and respectively to shoulder and back.



Patch 3: apply Part 1 to the posterior armpit point, stretch it across shoulder to 2.

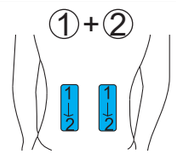


Patch 4: stretch Part 1 and apply it to the middle of deltoid, two ends extends to two sides of arm and wrap the arm.

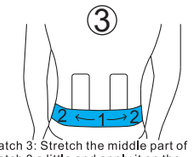


Patch 5: apply Part 1 to the top of shoulder, stretch Part 2 softly and apply it down to Part 1 of Patch 4.

WAIST



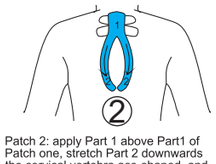
Patch 1 and 2: apply Part 1 on the back muscle, stretch and apply Part 2 downward gently. take care that the end of Part 2 shall not be below the waist line.



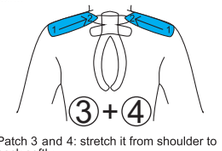
Patch 3: Stretch the middle part of Patch 3 a little and apply it on the lumbar vertebra, Part 2 stretch toward both sides of waist .

NECK

Patch 1: apply Part 1 to the pain point of cervical vertebra, stretch Part 2 to 4 sides softly.

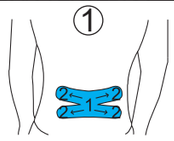


Patch 2: apply Part 1 above Part1 of Patch one, stretch Part 2 downwards the cervical vertebra ace-shaped, and joint.

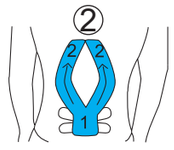


Patch 3 and 4: stretch it from shoulder to neck softly.

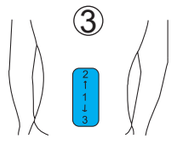
LUMBAR VERTEBRA



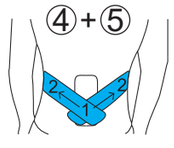
Patch 1: apply Part 1 to the pain point of lumbar vertebra, stretch Part 2 to 4 sides softly.



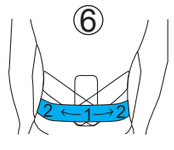
Patch 2: appy Part 1 above Part 1 of Patch 1, stretch Part 2 upward the cervical vertebra ace-shaped, and joint.



Patch 3: stretch Part 1,apply to Part 1 of Patch 2, apply Part 2 and 3 upwards and downwards naturally.



Patch 4 and 5: apply Part 1 to Part 1 of the previous patch,stretch Part 2 to pleura, apply Patch 4 and 5 symmetrically.

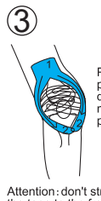


Patch 6: apply Part 1 to Part 1 of Patch 5, stretch Part 2 to 2 sides slightly.

KNEE

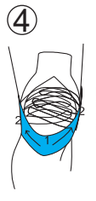
Patch 1 and 2: apply Part 1 on the two sides of knee, apply Part 2 from sides to the top of Knee, make the two patches cross and overlap.

Attention: apply Part 1 without tension,cross Part 2 of two patches to diamond, stretch Part 2 gently, elongation is about 20%.



Patch 3: apply Part 1 on the up point of knee, Part 2 downwards along sides of knee, meeting on the front side of patella.

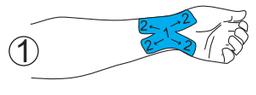
Attention: don't stretch the skin when applying the tape to the front side of leg. When passing Patch 1 and 2, loosen it a little.



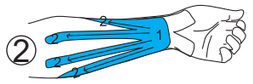
Patch 4: stretch Part 1, apply it to the front side of patella, stretch Part 2 upwards along two sides to wrap the knee (on the ligament).

Attention: the tape should be completely loosened when ending, or it'll hurt the skin.

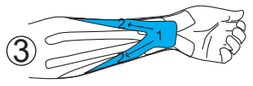
WRIST



Patch 1: apply the middle of the "X" strip to the sprain point without stretch, stretch Part 2 to the arm direction and apply it .

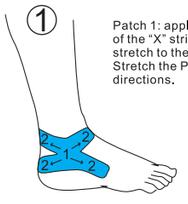


Patch 2: apply part 1 of the "W"shape to the sprain point, stretch Part 2 separately to the arm .

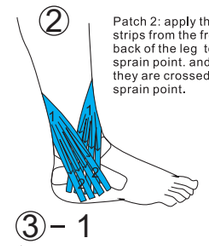


Patch 3: apply part 1 to the sprain point without stretch, stretch Part 2 follow the edge of the bone of the arm.

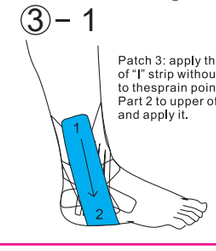
ANKLE



Patch 1: apply the middle of the "X" strip without stretch to the sprain point Stretch the Part 2 to other directions.

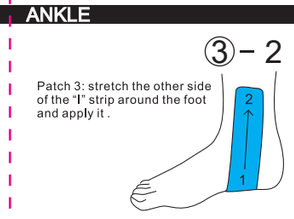


Patch 2: apply the "W" strips from the front and back of the leg to the sprain point. and be sure they are crossed on the sprain point.



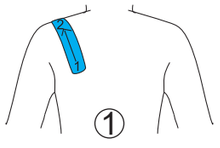
Patch 3: apply the middle of "I" strip without stretch to thesprain point. Stretch Part 2 to upper of ankle and apply it.

WRIST



Patch 3: stretch the other side of the "I" strip around the foot and apply it .

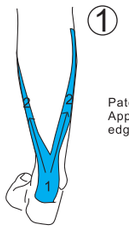
BACK



Patch 1 : Apply the part 1 to the bottom of shoulder blade without any stretch. stretch to part 2 and apply.

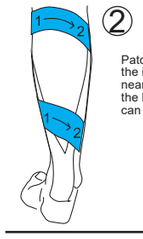
Patch 2 : same to Patch 1, and without stretch of the end of part 2.

LEG



Patch 1: Stick to part 1, Apply the tape follow the edge of calf to part 2.

LEG



Patch 2: Stick to part 1, the inner part of the leg near knee, revolve around the leg down to the ankle, can be several rounds.

All serious accidents concerning the medical device supplied by us must be reported to the manufacturer and competent authority of the member state where your registered office is locate.

REF	Product code
LOT	Lot number
	Manufacturer
	Date of manufacture
	Keep in a cool, dry place
	Keep away from sunlight
	Consult instructions for use
MD	Medical Device
	Disposable device, do not re-use
CE	Medical Device compliant with Regulation (EU) 2017/745
	Expiration date
	Caution: read instructions (warnings) carefully
UDI	Unique device identifier
CH REP	Authorized Representative in Switzerland
UK REP	Authorized Representative in the UK

REF **34745 - 34746 - 34747 - 34749**
34750 - 34751 - 34752 - 34757

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