

When applied properly, RockTape premium kinesiology tape:

- Relieves swelling
- Delays fatigue
- Cues form
- Normalizes muscle

RockTape is made of 97% cotton, 3% nylon and an acrylic adhesive similar to a standard BandAid™. It is 100% latex-free.

CONTRAINDICATIONS

- Open wounds
- Skin lesions
- Adhesive allergies
- Infants/toddlers/ children too young to communicate

In some cases, mild/moderate skin reactions can occur. These include redness, itchiness, hives, swelling. Immediately remove tape if any skin reaction occurs and consult your primary care physician if symptoms are severe or do not improve within two days.

START HERE

1 Prep: Skin should be dry and free of oil, sweat and lotion; any excess hair should be trimmed.

2 Cut tape to desired length.

3 Fold length of tape in half and round the corners. This keeps the tape from catching on clothing and helps the tape stay on longer.

4 Tear tape backing 2" from one end.

5 Stretch the area that is going to be taped. See instructions for specifics.

6 Anchor the tape with no stretch.

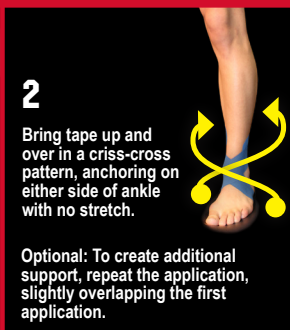
7 Apply the rest of the tape as outlined in the specific instructions. Rub thoroughly to activate adhesive.

IMPORTANT: FOLLOW THE **NO STRETCH** INSTRUCTIONS. STRETCHING THE TAPE MAY CAUSE DISCOMFORT, IRRITATION AND ITCHINESS ON APPLICATION SITES. IF THIS OCCURS, DISCONTINUE USE AND CONSULT A PHYSICIAN.

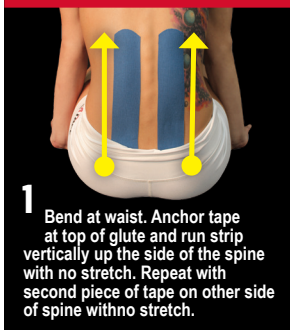
ACHILLES TENDON



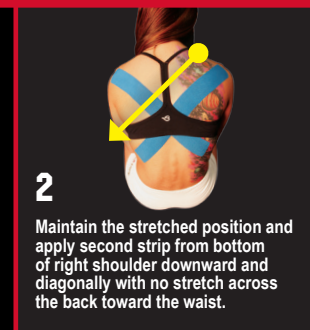
ANKLE



BACK - LOWER



BACK - UPPER



CALF



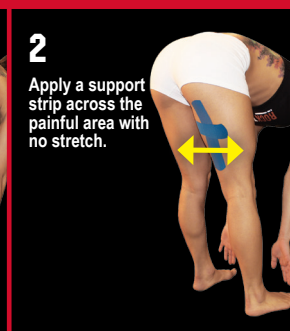
ELBOW



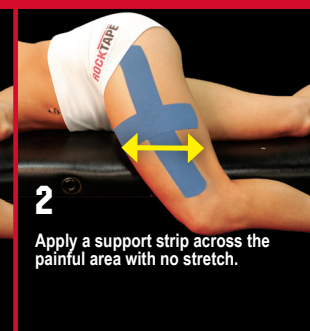
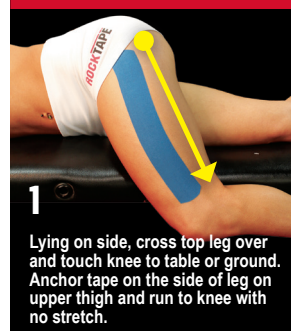
GROIN



HAMSTRING



IT BAND



KNEE



NECK



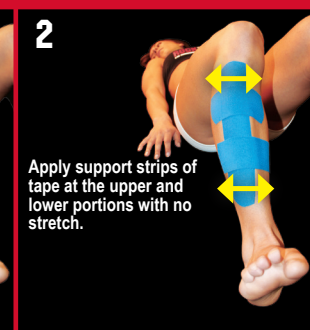
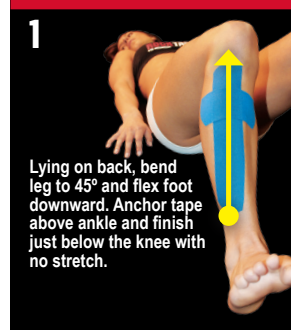
PLANTAR FASCIITIS



RIB AREA



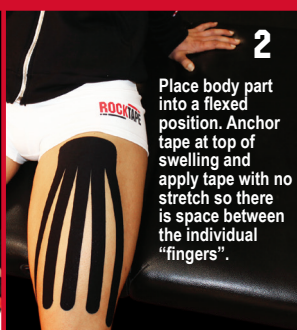
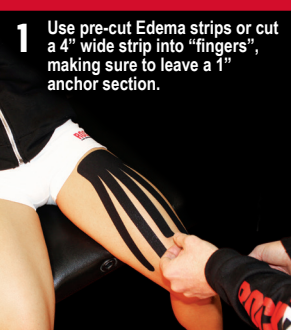
SHIN



SHOULDER



SWELLING - EDEMA



THIGH



TOE



WRIST



WE'RE **MORE** THAN A TAPE COMPANY. WE ARE A **MOVEMENT** COMPANY.

CORRECTIVE EXERCISE

Used to normalize human movement before increasing training or exercise demands.

ROCKTAPE

Unique kinesiology/sports tape that supports while allowing full range of motion. It's used to decrease pain, decompress tissue, and provide stimulus that improves body awareness.

IASTM

Instrument-Assisted Soft Tissue Massage – A manual therapy technique designed to provide direct, mechanical manipulation of irregular tissue.

ROLLING/BALLS/BANDS

A collection of tools used by athletes for manipulation of the myofascial system to normalize muscle tone.

ASSESSMENT

The act of making a judgment about the quality of human movement.

SCREENING

The act of examining people to decide if they are suitable for a particular movement or exercise.

MORE HUMAN MOVEMENT IS OUR GOAL

Whether tending to crops or hunting our next meal, humans have lived on our feet. Unfortunately, as a modern society we are tending to move less and less, and as a result we're getting sicker and sicker.

With the advent of the desk job, smartphone, TV, and computer, we're sitting down more than ever before. It's estimated that Americans sit 9.3 hours a day, which is even more time than we spend sleeping (7.7 hours). Our bodies weren't built for that, and it's starting to take a toll.

Sitting six or more hours per day makes you up to 40% likelier to die within 15 years than someone who sits less than three hours per day.

Even if you exercise for one hour a day, your risk is still higher if you sit for long periods in the day.

**At RockTape, we develop tools to help people move better.
When people move better, they tend to move more.**

TAPE & TOPICALS

Competition-grade kinesiology tape and powerful heat-based topicals.

RockTape • RockSauce • RockRub

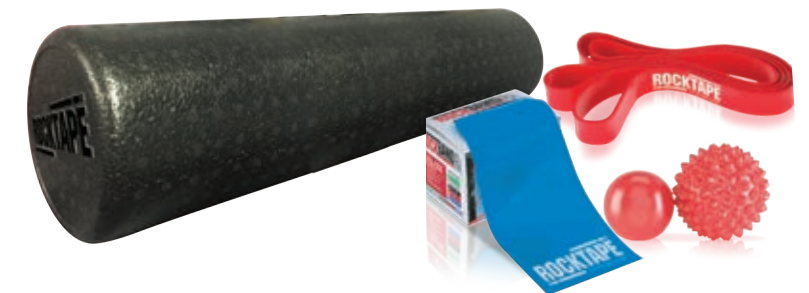
RockTape comes in many different styles and sizes. Check out our complete collection at RockTape.com



MOBILITY

Recover, relax and release with comprehensive rehab and mobility products.

**Rock 'N' Roller • RockBands
RockBandRx • RockBalls**



PROTECTIVE GEAR

Everything you need to protect yourself at the gym, obstacle race or beyond.

**KneeCaps • RockWrist
RockGuards • Talons**



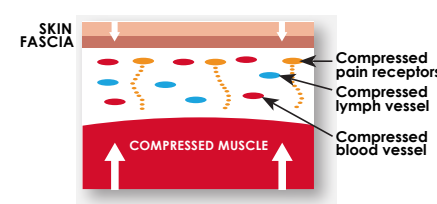
CUTTING EDGE EDUCATION

Our **FMT** and **PMT** courses present a revolutionary way of thinking about how we move and how we can stay injury-free. They integrate innovative mobility and stability strategies, along with a movement-based, practical kinesiology taping framework – to deliver results.

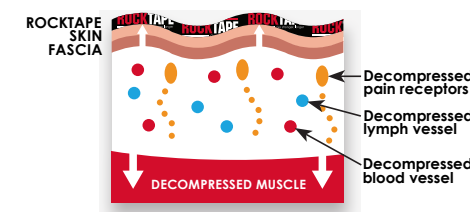


ROCKTAPE WORKS

RockTape lifts skin away from underlying muscles and nerve endings to provide relief from pain. This unique lifting action also improves blood flow to muscles, which can help delay fatigue.



COMPRESSION & PAIN



DECOMPRESSION & PAIN RELIEF

RockTape can be used to treat: Achilles Tendonitis • Plantar Fasciitis • Jumpers Knee • ACL/MCL issues • Lower Back Pain • Groin and Hamstring Pulls • Rotator Cuff • Shin Splints • Tennis & Golf Elbow • Posture Issues • Pain Associated with Pregnancy

The RockTape Movement pyramid describes our hierarchy of corrective actions for human movement. **Learn more at RockTape.com/manifesto**

ROCKTAPE
Go stronger, longer

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