



DYNAMIC TAPE IS NOT A KINESIOLOGY TAPE.

Different Aims, Different Materials, Different Properties, Different Mechanisms = Different Application

Dynamic Tape has very strong resistance and recoil (12-15kg with a PowerBand) throughout its entire range which allows it to generate a genuine deceleration force and load absorption, store the energy at end of range and then re-inject it back into the system to assist shortening, all without restricting motion. [See the difference](#)

It is NOT designed to go on like a kinesiology tape, at end of range to lift skin, create space and have its effects primarily via neurophysiological means. It IS designed to go on in inner or mid range, with tension to provide a mechanical resistance which preliminary research shows can successfully change position, movement patterns (e.g. peak hip adduction) and movement velocity as well as create significant compression.

The strong forces necessary to create these DIRECT MECHANICAL effects need to be attenuated to ensure good adhesion and to avoid blisters on the skin. Do NOT apply like a kinesiology tape or problems will result. Some things that you may be used to doing must be avoided.

Watch these video for correct application procedures. Further links below - [Safe Application](#) & [Intro](#)

AVOID

- applying with joint or muscle in lengthened position as minimal mechanical effect can be achieved.
- [bridging techniques](#) as these focus all the force on the anchor points.
- anchoring close to the joint as the tape is then required to produce force where it anchors.
- anchoring with your fingers and then sliding fingers along the tape as this loses pressure on the anchor point and the tension on the tape is transferred directly to the anchor point.
- applying tension to the tape without maintaining firm pressure on the anchor point. [Watch Anchors, Peeling and Tension](#)



Simply pulling on the tape without holding the anchor point down or applying the two ends first is likely to result in blisters or poor adhesion

FORCE



- peeling the backing paper off as you go. This is likely to create tension points which can lead to blisters, or a loss of tension in the tape and therefore a loss of mechanical effect.
- applying with the body part on stretch as this will not only reduce any mechanical effect but often results in overstretching of the tape in order to create sufficient tension which will give poor results.
- starting in the middle and then applying the two ends separately as this is likely to create an asymmetry in the degree of tension. [Watch video](#)
- overlapping or starting or finishing one piece of tape on another as the strong forces shear in opposing directions and is more likely to lift the tape.
- leaving big spaces as this leaves pockets for bruising or swelling to develop or fail to resolve.

PRACTISE

- applying the tape with joint or muscle in shortened position to create a bungy effect.
- applying the tape from one end to the other rather than applying the two ends first.
- doubling the size of your usual anchor points (2" minimum for most) and increase these in accordance with the amount of force that needs to be dissipated or with skin that is likely to break down more readily.
- hold the anchor point with your thumb and smooth the tape down with your fingers being sure not to lose pressure on the thumb during this process. [Application Mantra](#)
- peel the backing paper off to the next anchor point if possible or for long and spiral applications remove in sections allowing you to take up the tension in the tape over the whole piece or section. Do not lose tension throughout the application. This ensures that you achieve a mechanical effect with more uniform distribution of forces, is easier to handle and has less likelihood of reactions.
- just taking up the slack in the tape. It is necessary to take to the onset of resistance but remember that the POSITION CREATES THE TENSION. As they lengthen, the tape is stretched and therefore tensions further. Using the position will again create more uniform distribution of forces along the length of tape and therefore less blisters and better mechanical effect.
- creating a mechanical effect and then a 'box' soft tissue offload effect leaving minimal spaces and no convolutions in the tape. ['Box' vs 'Space Creation'](#)
- PRESS & HOLD rather than rubbing, particularly on the ends. Strong forces need a strong anchor and pressing and holding for 30 seconds to one minute is more effective than rubbing.