



Taping or Strapping- Care Instructions

Taping or strapping can be utilised to prevent an injury from reoccurring or can be applied to patients following an injury to prevent further damage. They're recommended for stability and support and come in various forms used for multiple purposes. Strapping is used to protect and support joints that may have become hypermobile and prone to dislocating. The compression of the taping also contributes to metabolism, which helps reduce swelling and alleviates tissue tightness more quickly.

Most health professions recommend and apply the treatment as it is a safe and efficient modality for preventing injury or maintaining a condition.

Care instructions before and after taping:

- a) Remove all previous taping/strapping prior to entering the clinic to avoid unnecessary time removing tape over the consultation and allowing the clinician to work on clean skin.
- b) If irritating the skin remove, remove it as some adhesives can cause a reaction with the skin.
- c) If the tape gets wet, apply a hairdryer to eliminate the moisture and the tape will be fine.
- d) If the tape is wet and peeling off remove it as it will be hard for the tape to re-stick and the purpose of the tape will be lost.
- e) If you're struggling to remove the tape, apply alcohol or oil to the adhesive and the strapping should peel right off without removing too many hairs causing pain.
- f) Avoid applying any oils or creams to the area prior to treatment as the tape will often not stick and won't be able to be placed over the injury.
- g) Entering the clinic without any tape on, dry skin and a non-sticky surface will avoid wasting any time so the chiropractor can start the treatment.

K-Tape can be purchased here at Lakeside Chiropractic, for pricing please feel free to talk to our chiropractors or reception.