

ROCKTAPE

Sport Endurance Taping

The clinicians at Physical Dimensions are qualified as RockTape Docs, yesiree, you read that correctly...RockTape Docs!

Rocktape is a sport tape that aids in injury healing and improves athletic performance. For more information on RockTape please refer to link under “Sports Medicine”. What it’s made of, how it works, what it is used for, where you can purchase it, etc...

For questions frequently asked by patient’s not addressed on website, please read below:

1. How long do I leave on the tape?

Tape can last anywhere from 24 hrs to 5 days. It can remain on as long as the patient can tolerate the tape. Try to leave it on for 24 hrs at a minimum, but if it becomes irritating or itchy, please remove immediately.

2. If the tape begins to itch, should I take it off?

The tape does contain a strong adhesive; you may be having an allergic reaction to the tape so please remove it promptly. If your skin has developed a local rash where the tape was applied or is red and itchy, use an anti-itch ointment. If you develop a whole body rash or reaction or notice shortness of breath, please seek advice from a medical facility immediately.

3. May I take a shower or swim with the tape on?

Yes, you may do both, but the tape stays longer if you dry it quickly with a hair dryer. If you choose to not dry it, the tape will stay damp throughout the day, possibly causing discomfort and itchiness.

4. How do I remove the sticky residue left from removing the tape?

In-office we use Adhesive Remover Wipes, purchased at any pharmacy or health retail section, such as Walgreens. You may also use cooking oil or baby oil, allow it to sit and soak on adhesive, then wipe off. Soap and water nor rubbing alcohol alone will remove the adhesive.

5. Where do I purchase the tape so I may apply it myself?

We carry a supply in-office, please call beforehand if you would like to purchase more than 5 rolls at once; otherwise, purchase one anytime at your next appointment.



PHYSICAL DIMENSIONS

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6. If I do have my own rocktape, can I apply it myself? And if so, how do I know how to do it properly?

Yes. We recommend either having someone videotape us applying the tape or having someone watch us, as it is easier to have someone else apply the tape to you rather than doing it yourself. The tape is made of stretchy material, and it is difficult to obtain the correct stretch of tape as well as have proper anatomical position if applying to yourself. There are online instructional videos at www.rocktape.com, but we highly recommend receiving instruction by a RockTape Doc before taping.

The few tips of application:

- *Apply on clean, dry skin 10 minutes before exercise. Rub vigorously to set adhesive.
- *Never stretch the ends of the tape, only the middle. Remember to round edges of tape.
- *RockTape can be worn up to 5 days and is water resistant.
- *Store tape in cool, dry place. Let tape come to room temperature before applying.