

Kinesio Tape

This leaflet is designed for patients with hand/finger injuries who are under the care of the St George's hospital hand therapy team and who may benefit from using Kinesio tape. Please ensure that you only exercise as instructed by your therapist. Following their instructions will help you to regain the best possible function in the long term.

If you have any further questions or concerns, please speak to your therapist.

What is Kinesio tape?

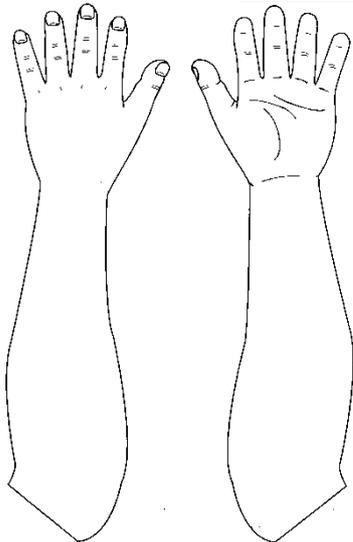
Kinesio tape is a specialist cotton tape which when applied can help to create a 'lifting' action on the skin surface to improve the drainage of swelling following an injury or surgery. It can also be used to help to soften tight or raised scars. Lastly it can be used to support joints or inhibit / facilitate muscle function.

Your Kinesio tape has been applied to help with the following:

- Reduce swelling
- Soften scars
- Support joints
- Facilitate / inhibit muscle function (activity)
- Proprioception (increased awareness of your body)
- Reduce pain
- Reduce over exertion of muscle fibres

Directions for applying Kinesio tape (hand plan)

x	Anchor points
↑ or ↓ or → or ← or ↕ or ↔	Direction of stretch or pull
%	Amount of stretch



(Left)



(Right)

How to remove your Kinesio tape safely

- It is more comfortable to gently remove the tape in the direction of hair growth.
- The tape can be gently rolled off the skin – please do not tear it away as this can cause damage to the skin and increase pain.
- Tape is easier to remove after a bath or shower when the glue has softened.

General advice and precautions

- Kinesio tape sticks better to clean, hair free areas of skin. Your therapist may ask you to prepare the skin area by shaving away any hair prior to your appointment.
- Kinesio tape can be left on for three to four days. Please do not leave the tape on for any longer than this.
- You can shower or bathe with the tape on. Do NOT use a hairdryer to dry the tape as this can cause the tape to stick too aggressively to your skin. Use a towel to dab the tape dry.
- The tape ends may start to curl or come unstuck – you can ask someone to trim the ends to prevent them peeling away completely.
- The skin needs to rest for at least 24 hours between applications. If the skin is sensitive the skin may need to rest for longer.
- Be sure to remove the tape immediately and gently if there is any skin irritation and/or sensitivity.

Please DO NOT wear your Kinesio tape

- For more than four days continuously
- Over open wounds or delicate skin.

You can purchase more Kinesio tape or its equivalent online through Amazon or Kinesio UK (www.kinesiotaping.co.uk) or a variety of health stores including Boots should stock it.

Additional instructions

Contact us

If you have any questions regarding the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment.

For more urgent queries the team can be contacted on the **treatment enquiries** phone number listed below.

Your therapist's name is _____

Treatment enquiries: 020 8725 1038 (answer phone only)

Appointments: 020 8725 3000

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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