

# RUNNING TAPING GUIDE

SPORTTAPE 

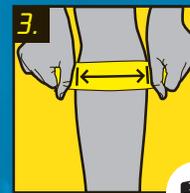
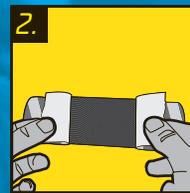
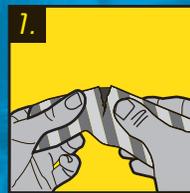
THE 4 MOST COMMON FLEX TAPE APPLICATIONS FOR RUNNING

## The Basic FLEX TAPE Techniques



### End-To-End Taping Technique

This is the most common application technique. Tear and remove the backing tape 2-3cm from one end and apply the tape to the skin with 0% stretch to create an anchor. Then lay the tape with the desired stretch, finishing with 0% tension at the end.



### Centre Taping Technique

This technique is used to apply SPORTTAPE over a point of pain or around a joint. Tear the centre of the backing paper and peel back either side leaving 2-3cm at each end. Apply the exposed tape to the skin with the recommended stretch leaving 0% tension at both ends.

## Top Tips



Round the corners of the tape before applying to skin.



Start with clean dry skin, and preferably trimmed or shaved hair.



Never apply to broken or frail skin.



Apply 30 minutes before activity.



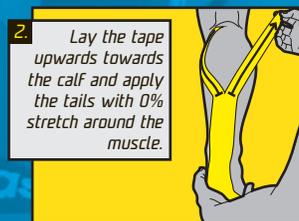
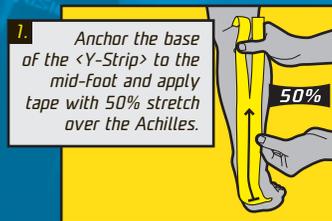
Handle the backing paper, not the glue.



Check out our application videos at [www.sporttape.co.uk](http://www.sporttape.co.uk)

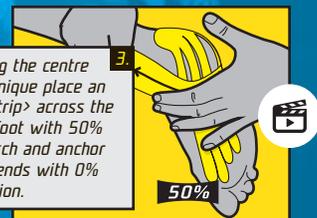
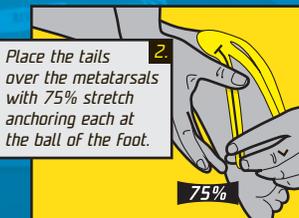
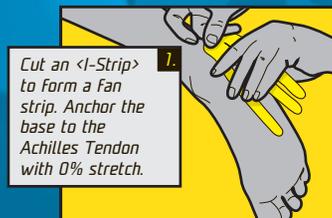
## Achilles Heel

Requires: 1x Long <Y-Strip>  
Position: Lying Down, Achilles Stretched



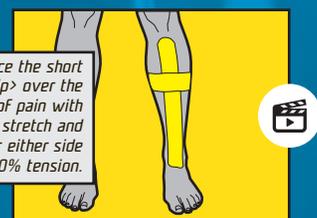
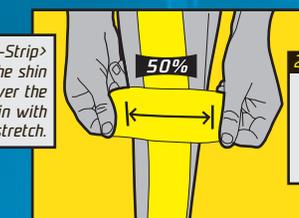
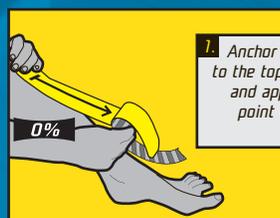
## Plantar Fasciitis

Requires: 2x Short <I-Strip>  
Position: Lying Down and Foot Flexed



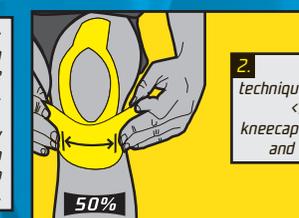
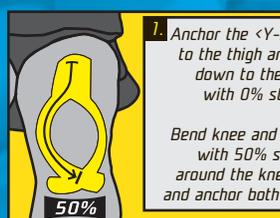
## Shin Splints

Requires: 1x Long <I-Strip> 1x Short <I-Strip>  
Position: Standing or Seated



## Runner's Knee

Requires: 1x Long <Y-Strip> 1x Short <I-Strip>  
Position: Seated and Knee Bent



FOR MORE TAPING GUIDES VISIT [WWW.SPORTTAPE.CO.UK](http://WWW.SPORTTAPE.CO.UK)



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DISCLAIMER

The instructions we provide here are on our website are for illustrative purposes only. They are not meant to replace professional medical advice. If you are suffering from a medical problem you should immediately contact your physician. Muscular and skeletal problems are often indicative of serious health issues and you should seek treatment from your doctor or therapist. Cancer patients should not use SPORTTAPE and do not use on the abdomen if pregnant. Warranties and remedies are limited to replacement cost.