

# Helio

## Olympia Tape Q&A

- **How does the Kinesiology tape work?**

The taped area forms creases expanding the space between the muscle and the skin to release pressure, decrease swelling, and improve fluid circulation. The special elastic property of the tape helps to stimulate proprioceptors. This leads to an increase in lymphatic circulation.

- **When can I use the tape?**

The tape is best for injured muscles or joints, swelling and pain relief or to stimulate overtired muscles.

- **Why it is different than conventional athletic taping?**

During conventional taping the area taped is usually restricted in movement. Kinesio taping will aid muscle or joint healing without restrictions to movement and circulation. The practitioner can modify the tension (from 15% to 100%) accordingly to the nature of the injury.

- **How does the tape stretch so much?**

There is a wave adhesive pattern on the back, which will allow maximum elasticity and great breathability as well.

- **How do I prepare the skin?**

The skin has to be clean and oil-free. Body hair may limit adhesion. It is advisable to shave or clip body hair if it might cause a problem.

- **How long can the tape stay on?**

The tape will withstand normal showering and can stay on up to three days. The adhesive is heat activated and it becomes more adhering the longer the tape is worn. It is easier to remove the tape when it is moist.

- **How many patients can I treat with one roll?**

One roll of tape is 5 metres (16 feet) long. The length of the tape used for a patient really depends on the application, but in average one roll is enough for 5-10 patients.

- **Why are there different colors of tape available?**

Mainly for aesthetics. Some patients claim the blue tape has a slight cooling effect, pink and the black has a slight warming effect (they will absorb more light) and the beige is neutral.

- **Can I treat patients with the tape if they have fracture?**

No, the tape will not hold fractured bones or dislocated joints in place due to its flexible nature, however, it can be used for rib fracture or injury.

- **Is there any medication in the tape?**

No, the tape doesn't contain any medication.

- **Is there latex in the tape?**

No, the tape is latex-free.

- **What is the fabric of the tape?**

It is 100% rayon.

- **Why do I need to buy special scissors to cut the tape?**

The scissors we recommend are non-stick and Teflon coated, they are a must to cut precise patterns needed for certain techniques (for example "fan" or "web" strip applications).