



Dynamic Tape IT'S TIME TO UPGRADE



Learn Dynamic Tape APPLICATION GUIDELINES

- Use a small test patch if person has known allergy to other adhesives
- Apply to clean, dry skin at least 60 minutes before exercise, swimming or showering
- Remove hair
- Round the corners of the tape to reduce lifting or peeling
- Tear paper to peel backing paper to avoid handling the adhesive
- Apply one end of the tape (anchor point) with no tension. This should be at least 2” long and longer if more force is expected (e.g. PowerBand, fast movements or lots of stretch)
- Position the body part in the shortened position
- Hold the anchor point and take up the slack in the tape (do not stretch strongly).
- Maintain pressure on the anchor as you stick and smooth the tape down
- Apply the other end (anchor) with no tension
- PRESS & HOLD the ends for 30 seconds to 1 minute and then rub thoroughly to activate the glue
- Avoid starting or finishing one piece of tape on another and limit overlapping due to the strong shearing forces.

Tape Removal

- Hold the skin adjacent to the tape and peel the tape back along itself in short stages. Try to pull the skin away from the tape at the same time.
- If irritation has occurred a coconut oil or similar may be used to aid removal.

Warning

- Remove immediately if any itching, burning, stinging, irritation, pins and needles or numbness or a deterioration in symptoms occurs.
- Always consult a healthcare professional for advice
- This information is for education purposes only and does not constitute medical advice for any particular individual or case.

Caution

- Do not use on frail, damaged, open or sunburned skin or where there is circulatory compromise
- Traction blisters may result from shearing on skin due to incorrect application
- Although uncommon, allergic reactions may occur



Tim Cahill
Australian soccer royalty

Fundamentals of BIOMECHANICAL TAPING™

Biomechanical Taping™ is based on sound clinical reasoning incorporating the large evidence base on the influence of load and kinematics on pathology, physiology, function and performance. Vector summation dictates that if some of the required force can be contributed externally by the tape, the workload on the structures of the body must be reduced. In order to achieve this the technique must satisfy three fundamental criteria:

1. Cross a joint or joints
2. Be applied with the joint or musculotendinous unit in the shortened position
3. Have good purchase on the lever that is to be influenced

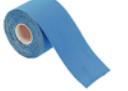
If we do not extend our tape over a joint we cannot mechanically affect motion at that joint. If we apply the tape with the joint or muscle on stretch it is like bungy jumping with a rope the same length as the jumper is high. There is no opportunity to stretch and to provide a deceleration force during lengthening and an assistance during the shortening stage. Applications often just move soft tissue around so particular techniques are employed to ensure that we have good hold of the lever and can genuinely influence motion of that lever. Emerging research is demonstrating the importance of these aspects in achieving changes in peak range, reductions in velocity, changes in position and in muscle activity.

Different tape COMPARISONS

The aims and therefore the properties of Dynamic Tape are completely different to kinesiology tapes and rigid athletic tapes. Very strong elastic resistance and recoil combined with 200% stretch and 4-way stretch allow taping in a way that can resist and decelerate, store energy and then assist motion without limiting range of movement essential for athletic performance or ADLs.

Dynamic Tape is capable of generating 10-15kg of resistance through range with only a small amount of stretch on the tape. Kinesiology tapes only register significant resistance when they reach the rigid endpoint at maximum stretch. Originally developed to provide solutions in sports medicine, it is now becoming an essential tool for clinicians of all disciplines.

Manage load.
Manage movement patterns.
Manage function.

 Kinesiology Tape	 2 Way Stretch ✗	 Recoil ★★★★★	 Resistance ★★★★★	 Adhesive ★★★★★	 Stretch ★★★★★
 Dynamic Tape Original	 4 Way Stretch ✓	 Recoil ★★★★★	 Resistance ★★★★★	 Adhesive ★★★★★	 Stretch ★★★★★
 Dynamic Tape Eco	 4 Way Stretch ✓	 Recoil ★★★★★	 Resistance ★★★★★	 Adhesive ★★★★★	 Stretch ★★★★★
 Dynamic Tape Powerband	 4 Way Stretch ✓	 Recoil ★★★★★	 Resistance ★★★★★	 Adhesive ★★★★★	 Stretch ★★★★★
 Dynamic Tape Red Bull X-Alps	 4 Way Stretch ✓	 Recoil ★★★★★	 Resistance ★★★★★	 Adhesive ★★★★★	 Stretch ★★★★★
	4 Way Stretch Doesn't restrict natural movement	Recoil Acts like an external muscle. Supports weak zones.	Resistance Reduces work of muscles and increases joint support	Adhesive The stronger forces of 4 way tape demand better adhesive. Superior water resistance and no sticky residue.	Stretch Superior stretch to permit all activities

Need to talk? GET IN TOUCH



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RECOMMENDED & TRUSTED

Dynamic Tape is trusted by professional athletes, major clubs and associations around the world, including FICS - the International Federation of Sports Chiropractic. Dynamic Tape is a proud partner of Red Bull X-Alps and is trusted by USA Water Polo and World Table Tennis





Dynamic Tape Original BLACK TATTOO

4 Way Stretch	✓
Recoil	★★★★★
Resistance	★★★★★
Adhesive	★★★★★
Stretch	★★★★★

Strong energy absorption, storage and return making it ideal for musculotendinous applications and large movements or multi-joint techniques.

DT50TT	5cm x 5m Beige/Black Tattoo
DT75TT	7.5cm x 5m Beige/Black Tattoo
DT50TTB	5cm x 31m Beige/Black Tattoo



Dynamic Tape Original BEIGE TATTOO

4 Way Stretch	✓
Recoil	★★★★★
Resistance	★★★★★
Adhesive	★★★★★
Stretch	★★★★★

The gentler option. Strong energy absorption, storage and return making it ideal for musculotendinous applications and large movements or multi-joint techniques.

DT50PL	5cm x 5m Beige/Beige Tattoo
DT75PL	7.5cm x 5m Beige/Beige Tattoo
DT50PLB	5cm x 31m Beige/Beige Tattoo



Dynamic Tape ECO

4 Way Stretch	✓
Recoil	★★★★★
Resistance	★★★★★
Adhesive	★★★★★
Stretch	★★★★★

Made from recycled plastic bottles, this product has a higher elastic modulus meaning that it hits a much higher resistance without stretching as far making it well suited to techniques that require high force but where there is minimal movement occurring such as joint glides, positioning or ligamentous applications.

DT50TTEB	5cm x 5m Black/Grey Tattoo
DT75TTEB	7.5cm x 5m Black/Grey Tattoo

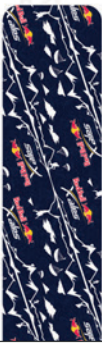


Dynamic Tape POWERBAND

4 Way Stretch	✓
Recoil	★★★★★
Resistance	★★★★★
Adhesive	★★★★★
Stretch	★★★★★

Enhanced energy storage and release capacity, very strong resistance and recoil, making it similar to a double layer of Dynamic Tape Original and well suited for ligamentous applications, achilles tendon problems and plantar fasciitis.

DT50PB	5cm x 5m Tan/Black Tattoo
DT75PB	7.5cm x 5m Tan/Black Tattoo



Dynamic Tape RED BULL X-ALPS

4 Way Stretch	✓
Recoil	★★★★★
Resistance	★★★★★
Adhesive	★★★★★
Stretch	★★★★★

Dynamic Tape is a proud partner to Red Bull X-Alps, the world's toughest adventure race, because tough goals need tough tape. Designed for adventure athletes, this ECO tape offers unrivalled support through various grades of resistance and recoil, enhancing movement while reducing load and fatigue.

DT50RB	5cm x 5m Red Bull X-Alps pattern
DT75RB	7.5cm x 5m Red Bull X-Alps pattern



Powered by Dynamic Tape Powerband®, these two clever designs permit taping for a range of different body parts. Great for home use.

PP-X-TL	PosturePals X Large
PP-X-TS	PosturePals X Small
PP-Box-T	PosturePals Box



Scissors

With a blunt nose, teflon coating and comfortable finger loops, these scissors are ideal for use with all types of taping.

DT-SC	Dynamic Tape Scissors
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Try some SIMPLE TECHNIQUES

Dynamic Taping can be challenging as both the handling skills and reasoning are different to other taping methodologies. The following simple techniques will give you an indication of what is possible and the forces that can be generated with just the small sample provided. Techniques are only limited by your clinical reasoning skills and knowledge of anatomy and biomechanics. Remember that position, line of pull and tension are critical to success.

Simple Upper Limb Offload

This technique takes the weight of the upper limb and provides an approximation force at the glenohumeral joint. It may be indicated in the case of acromioclavicular joint subluxation or glenohumeral joint subluxation (although scapula correction is generally added), mechanosensitive neural tissue and some subacromial pain syndromes.

- Apply the anterior strip with the arm elevated through flexion, scapula elevation, upward rotation and retraction
- Commence just proximal to the elbow to create a long lever arm and allow room for a large anchor point
- Finish just below the spine of the scapula
- The second strip must be applied with the arm elevated through extension/abduction
- Commence well down the arm once again, pass posteriorly over the glenohumeral joint
- Finish just below the coracoid process



Quadriceps Mechanism

This technique resists the collapse of the knee into flexion thereby reducing load on the structures normally charged with doing this. Variations for muscle tears, patella tendinopathy, fat pad, syndrome, PFPS and Osgood-Schlatter's are possible. It can be useful in the case of quadriceps weakness e.g. post anterior cruciate ligament repair or total knee replacement.

- Place the knee in full extension and run the tape from well above to well below the knee to maximise the leverage effect and allow for sufficient anchor points
- The tape passes directly over the patella to maximise the mechanical advantage that this affords and to enhance force closure if required
- Create a soft tissue offload to reduce compressive loading by gathering all of the soft tissues in the infra patella region together and then hold them in place with the tape to create a big, soft, spongy area.



Variations for muscle tears, Osgood-Schlatter's and PFPS can be found at www.dynamictape.com

Simple Arch Support

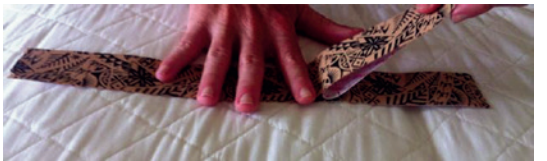
A simple arch support technique can be created to increase the transverse and longitudinal arches of the foot and provide resistance to lengthening and flattening. It also horizontally flexes the metatarsals, opening them slightly and aiming to reduce weight bearing on the middle three MTP joints when required.

- Horizontally flex the metatarsals and shorten the foot by plantar flexing and taking the toes towards the heel.
- Commence on the dorsum of the foot and apply tension from the dorsal aspect of the 5th metatarsal aiming to take it towards the medial aspect of the calcaneum to provide both a longitudinal and transverse force vector
- Pass around the heel, again run diagonally across the foot to finish the tension on the dorsal aspect of the first metatarsal ensuring that the shortened position is maintained
- Extend the anchor point over the second and third metatarsals
- The tape now resists loss of both the transverse arch and longitudinal arches
- Variations can provide more force closure to augment stability or add additional direct assistance to tibialis anterior or posterior function as required



How to Make a PowerBand

- Greater force or resistance can be obtained by creating a PowerBand.
- Simply laminate one layer to the back of another before applying it to the body. Ensure that there is no stretch between layers.
- Rub thoroughly to activate the glue.
- Try a double or triple layer PowerBand to feel the graduated increase in force.



Workshops

A different category of taping calls for a different skill set in order to achieve optimal results. Dynamic Taping workshops are highly practical and provide you with the skills necessary to integrate them immediately into clinical practice.

Sign up for one of our courses at dynamictape.com/education.



For people with a Medbridge subscription, look for Dynamic Tape course offerings. Don't have a subscription? Use the coupon 'dynamicTAPE' for a great discount.