

Upper Ottawa Physiotherapy

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Taping Education Sheet

Taping is a “**NO PAIN, NO PAIN**” treatment technique. If it **doesn't feel good** then **remove it!** You should feel less pain or no pain with the tape on. Don't suffer through it. If it increases your pain, bothers you, itches, etc, you must **take it off**. **Please go through the information below to ensure that your therapeutic taping treatment is safe and effective.**

1. Please let the trainer know if you are allergic to tape, if you have sensitive skin or if your skin gets irritated when you use an adhesive bandage.
2. If you have lotion or oil on your skin, the tape will not stick.
3. If you have hair in the area to be taped, please shave it as the tape may not stick and it can be painful when removed.
4. Leave the tape on as long as it feels good. If it bothers you or itches remove it immediately.
5. Do not rip the tape off. It is sticky and your skin may go with it. Peel it off gently or have someone help you.
6. When you remove the tape, wash the area with soap and water to remove any tape residue.
7. If you notice any redness or open areas, apply Polysporin regularly until it heals.
8. Inform the therapist/trainer on your next visit that there are open areas.
9. As long as the tape is secure, you can shower with it on and it should not come off.

Therapeutic taping is most effective when these guidelines are followed.

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