



Pro-Tec Athletics assumes no responsibility or liability for any injury which happens to occur while wearing this product.

MAVERICK SPORTS MEDICINE
PRO-TEC ATHLETICS
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- Benefits:**
- Elastic properties allow you the freedom of motion without restricting muscles or blood flow
 - Promotes circulation, reduces muscle fatigue
 - Provides moderate soft tissue management
 - Can be left on for several days, providing 24/7 support
 - Helps prevent injuries and manage to expedite the healing process
 - Helps prevent injuries and manage pain and swelling

IT Band Syndrome (Outer knee pain)

- 1** Apply end on outside of leg, mid thigh level
- 2** Stretch Y branches, one at a time, down and apply along outside of knee. Apply ends with no stretch.
- 3** Apply end over Y branches just above knee (if pain is below knee on outside, then apply just below knee)
- 4** Stretch toward inner leg and apply end with no stretch

Patello Femoral Pain Syndrome (Pain in and/or around knee cap area; patella tracking issues)

- 1** Apply end of tape above patella
- 2** Stretch Y branches, one at a time, down along outside edge of patella and apply ends with no stretch
- 3** Apply middle of tape directly under patella and then peel and stretch each side of tape towards outside and inside of leg, respectively
- 4** Apply end with no stretch

Patellar Tendonitis (Pain just below knee cap)

- 1** Apply end of tape below patella
- 2** Stretch Y branches, one at a time, up along outside edge of patella and apply ends with no stretch
- 3** Apply middle of tape directly under patella and then peel and stretch each side of tape towards outside and inside of leg, respectively
- 4** Apply end with no stretch

General Instructions-START HERE:

- Always apply to clean, dry skin surface
- Never stretch ends when starting or completing application
- To ensure proper adhesion, rub back of tape vigorously after applying on skin

- 1** Tear vertical line, of paper only, to separate Y branches
- 2** For all applications, tear paper 3" from end at base of Y and apply 2" of end of tape with no stretch. Remove paper backing of one Y branch at a time and stretch while applying.

- 1** To apply end first, tear paper 2" from end and apply 2" of tape with no stretch
- 2** To apply middle first, tear paper in middle and apply 2" of tape with stretch

Plantar Fasciitis (Arch/Heel pain)

- 1** Apply end on calf area and stretch under heel with Y branches along bottom of foot
- 2** Apply ends with no stretch in forefoot area
- 3** Apply end in arch area and stretch tape up inside leg
- 4** Apply ends with no stretch

Achilles Tendonitis (Pain in tendon behind ankle)

- 1** Apply end of tape under heel
- 2** Stretch Y branches, one at a time, up along edge of Achilles and apply ends with no stretch in calf area
- 3** Apply middle of tape over Y branches just above ankle bone and stretch each side towards front of leg
- 4** Apply ends with no stretch

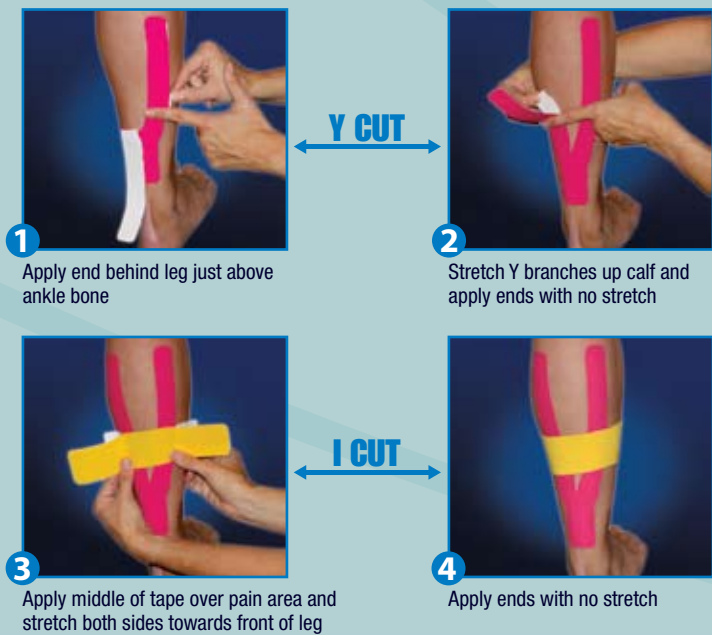


Pre-Cut Kinesiology Tape

- Effective relief for general muscle tightness, knee pain, IT Band syndrome, plantar fasciitis, shin splints, back pain, tennis elbow and more!
- Includes 20 pre-cut pieces (10 Y cut, 10 I cut)
- Simple directions for common injuries



Calf Pain



- 1** Apply end behind leg just above ankle bone
- 2** Stretch Y branches up calf and apply ends with no stretch
- 3** Apply middle of tape over pain area and stretch both sides towards front of leg
- 4** Apply ends with no stretch

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Shin Splints (Vertical line of pain along edge of shin bone)



- 1** Apply end in arch area and stretch tape upward along edge of tibia (shin bone)
- 2** Apply end with no stretch
- 3** Apply end of tape on inner side of leg
- 4** Stretch Y branches, one at a time, towards outside of leg and apply ends with no stretch

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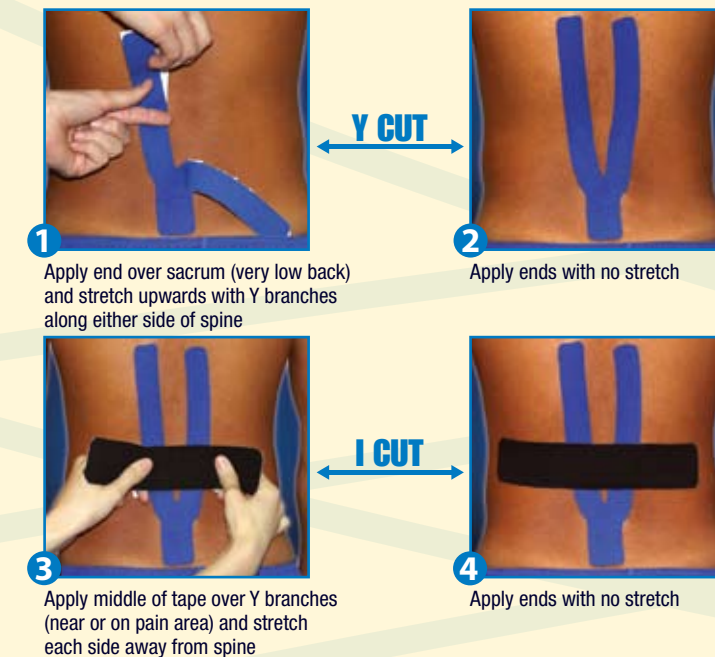
Hamstring Pain



- 1** Apply end on upper hamstring and stretch Y branches down hamstring
- 2** Apply ends with no stretch
- 3** Apply middle over pain area and stretch both sides towards front of leg and inside of leg, respectively
- 4** Apply ends with no stretch

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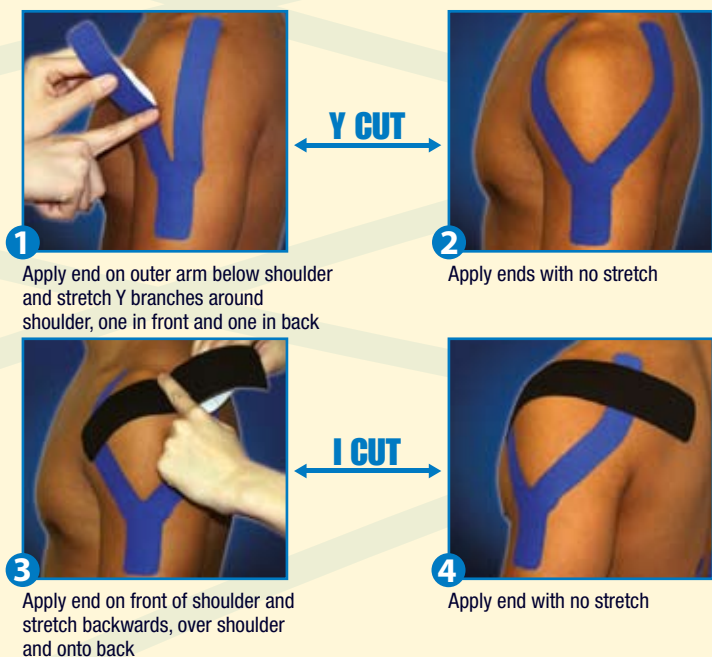
Low Back Pain



- 1** Apply end over sacrum (very low back) and stretch upwards with Y branches along either side of spine
- 2** Apply ends with no stretch
- 3** Apply middle of tape over Y branches (near or on pain area) and stretch each side away from spine
- 4** Apply ends with no stretch

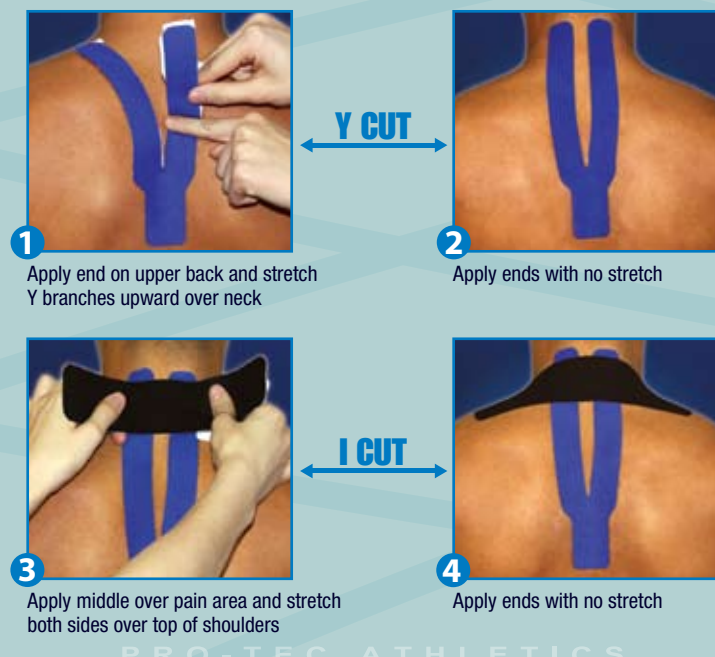
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Shoulder Pain (Rotator Cuff)



- 1** Apply end on outer arm below shoulder and stretch Y branches around shoulder, one in front and one in back
- 2** Apply ends with no stretch
- 3** Apply end on front of shoulder and stretch backwards, over shoulder and onto back
- 4** Apply end with no stretch

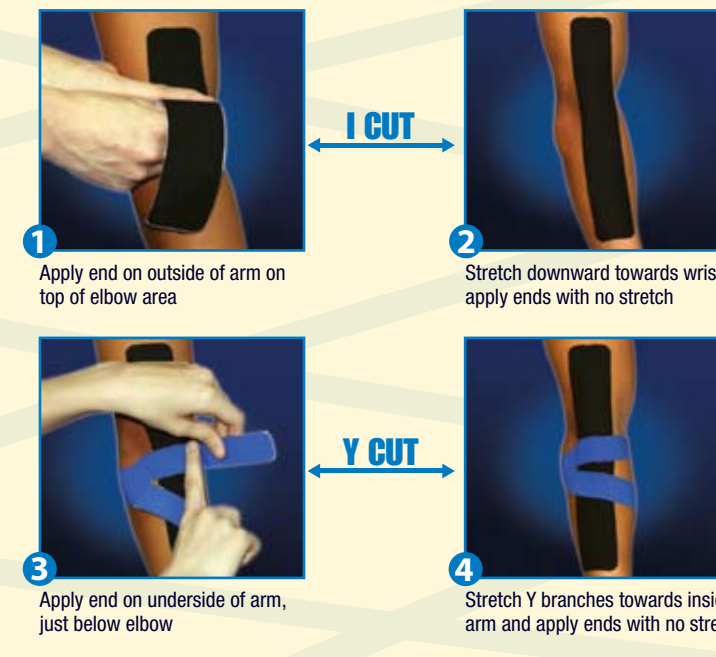
Neck Pain



- 1** Apply end on upper back and stretch Y branches upward over neck
- 2** Apply ends with no stretch
- 3** Apply middle over pain area and stretch both sides over top of shoulders
- 4** Apply ends with no stretch

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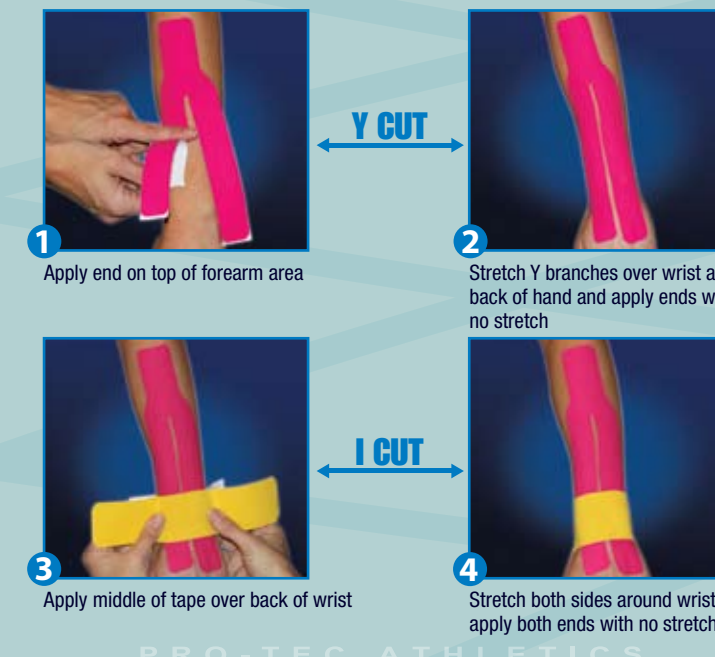
Lateral Epicondylitis/Tennis Elbow (Pain on outer forearm just below elbow)



- 1** Apply end on outside of arm on top of elbow area
- 2** Stretch downward towards wrist and apply ends with no stretch
- 3** Apply end on underside of arm, just below elbow
- 4** Stretch Y branches towards inside of arm and apply ends with no stretch

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Carpal Tunnel (Wrist Pain)



- 1** Apply end on top of forearm area
- 2** Stretch Y branches over wrist and back of hand and apply ends with no stretch
- 3** Apply middle of tape over back of wrist
- 4** Stretch both sides around wrist and apply both ends with no stretch

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