

Muscle Tape[®]

Sports Balance Tape

Questions & Answers (FAQ)



1. What is MUSCLE TAPE[®]?

MUSCLE TAPE[®] is a very thin porous cotton fabric with a medical grade acrylic adhesive. A special method of adhesive application and porous nature of the fabric allows the skin to breathe.

2. Is MUSCLE TAPE[®] Medicated?

MUSCLE TAPE[®] is non-medicated and it is latex free thus making it very skin friendly.

3. What is MUSCLE TAPE[®] taping technique?

MUSCLE TAPE[®] taping is one of the most effective techniques to treat injuries today caused by competitive strenuous situations. MUSCLE TAPE[®] taping technique assists the body's own natural healing process to relieve pain and restore function by activating the neurological and circulatory systems.

MUSCLE TAPE[®] is fundamentally different from conventional sports tape, which limits range of motion and fluid movement by restricting movement of the affected muscle and joints. MUSCLE TAPE[®] taping technique allows free range of movement of the affected muscle and joint, while encouraging fluid movement away from the joint to decrease edema (swelling). MUSCLE TAPE[®] taping technique is extremely effective in the treatment of injuries such as patellar tendonitis, IT band syndrome (common injury for the runners and cyclist), sprains, strains, and other common injuries.

4. Why is MUSCLE TAPE[®] accepted more than similar tapes?

It has a number of benefits such as:

- Non-medicated
- Latex free
- Heat-activated adhesive
- Water resistant
- Increase muscle power
- Prevent and protect from acute injury
- Durable: Each application lasts 4 to 5 days
- Air circulating wave fabric

5. What are the benefits of MUSCLE TAPE[®] compared with traditional athletic tape?

MUSCLE TAPE[®] is a non-restrictive, elastic taping material. It simply supports and normalizes the muscle function to provide improved joint stability. MUSCLE TAPE[®] is designed to ensure muscles have free range of motion. In contrast, traditional athletic tape restricts and supports the movement of the injured body part so as to protect the area from further damage. Additionally, MUSCLE TAPE[®] is air permeable, water-resistant, and durable enough to stay on for 4-5 days, even through sweating and showers.

6. Who is using MUSCLE TAPE[®]?

MUSCLE TAPE[®] and its method have taken the rehabilitation and sports medicine world by storm. MUSCLE TAPE[®] has become the standard for the medical practitioners from PT's, ATC's, OT's, DC's, MT's to MD's, and they all have recognized and embraced this effective, safe, and easy-to-use modality. Currently, MUSCLE TAPE[®] is used in hospitals, clinics, universities, by Olympic athletes, and by professional sports teams.





7. What is the difference between the colors?

There is no difference in the MUSCLE TAPE[®] colors. Different colors are available for your personal preference.

8. What are the CE and ISO marking on MUSCLE TAPE[®] and what is its purpose?

CE

The European Commission describes the CE marking (an acronym for the phrase “Conformite Europeenne”) as a “passport” that allows manufacturers to circulate industrial products freely within the internal market of UE (European Union). The CE marking on a product certifies that the product have met EU health, safety, and environmental requirements to ensure consumer and workplace safety.

ISO

ISO (International Organization for Standardization) is the world’s largest developer and publisher of International Standards. ISO is a network of the national standards institutes comprised of 157 countries with one member per country. The Central Secretariat is located in Geneva, Switzerland and coordinates the organization.

ISO standards:

- Monitors the development, manufacturing, and supply of products in a safe and efficient manner
- facilitates trade between countries and make it fairer
- provides governments with a technical base for health, safety, environmental legislation, and conformity assessment
- shares technological advances and good management practice
- disseminates innovation

- safeguards consumers and users in general of products and services
- provides solutions to common problems