



Kinesiology tape for hand therapy

This leaflet gives information on the purpose, benefits and how to use kinesiology tape to aid in your hand therapy rehabilitation. Please only use it as instructed by your hand therapist.

What is kinesiology tape?

Kinesiology tape (KT), or kinesiotope, is a therapeutic technique in which a heat-activated elastic adhesive tape is applied in a specific way to mimic the movements and elasticity of the body's muscles and skin. The purpose of KT is to promote muscle and joint support and stability without restricting full movement.



What are the benefits?

KT can be used for multiple purposes including:

- **Managing oedema (fluid build up) or swelling:** helps offload the lymphatic vessels to assist draining fluid towards the lymph nodes.
- **Managing scars:** KT can apply gentle forces to support scar remodelling.
- **Compression syndromes:** KT offloads sensitive structures to reduce pressure in the target area.
- **Stabilising joints:** KT provides gentle support and proprioceptive feedback (the body's awareness of its own position) to ligament, tendon, and muscle structures around unstable joints.
- **Supporting muscle actions:** Aids in muscle function by providing proprioceptive feedback to encourage muscle activation or restrict muscle activation when necessary.
- **Reducing pain.**



Example of KT to help with oedema

Is KT suitable for everyone?

KT is appropriate for most individuals and could potentially improve their symptoms (see above) and function.

However, KT is **not appropriate** for individuals who have the following:

- Skin lesions, infections, conditions, such as, but not limited to, cellulitis, dermatitis, eczema, psoriasis, etc.
- Open wounds.
- On the lower limbs for those with deep vein thrombosis (DVT) or at risk of a DVT.



Example of KT to help with thumb pain from arthritis

- Those with new scar formation – KT should only be used when the wound is well healed – seek advice from a therapist.

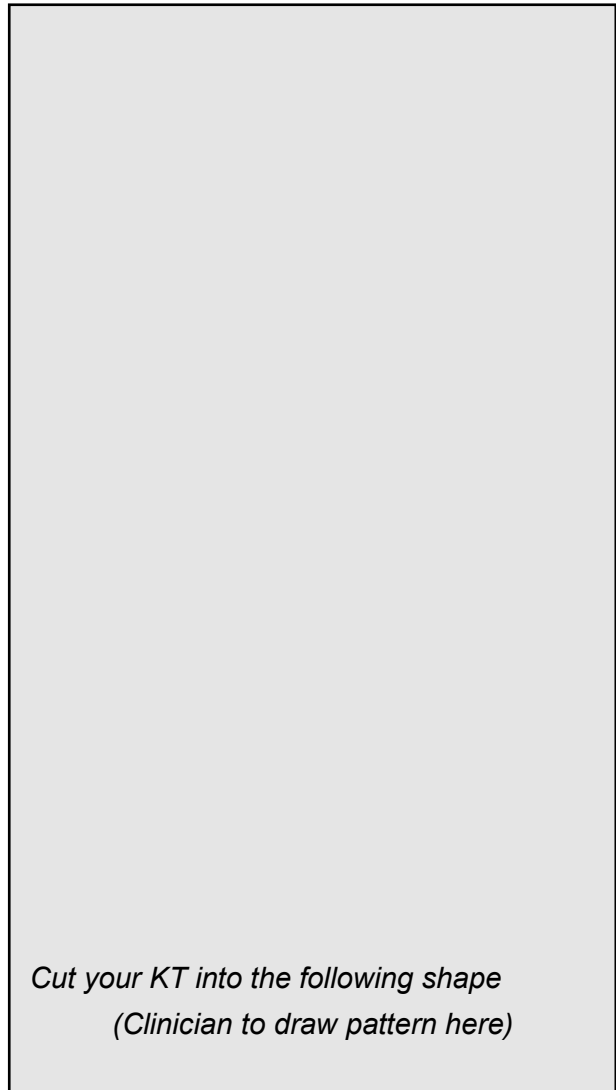
Please take precautions in using KT for patients affected by:

- Diabetes, fragile or healing skin, pregnancy, kidney disease, and congested heart failure.

Instructions for applying KT at home

Kinesiology tape has a 2-way stretch in the direction of the roll.

- Make sure the area of skin is clean and dry before application. Avoid lotions and creams on the area of application.
- Cut the KT as instructed by your clinician to the pattern featured on the right. Ensure the ends of the tape are rounded.
- Apply no tension/stretch at the anchor (ends of the tape).
- Please stretch the tape _____ amount before anchoring the end. Make sure to only apply it in the way advised by your therapist.
- Rub the tape after application to active the adhesive.
- Do not use a hairdryer to heat the tape.

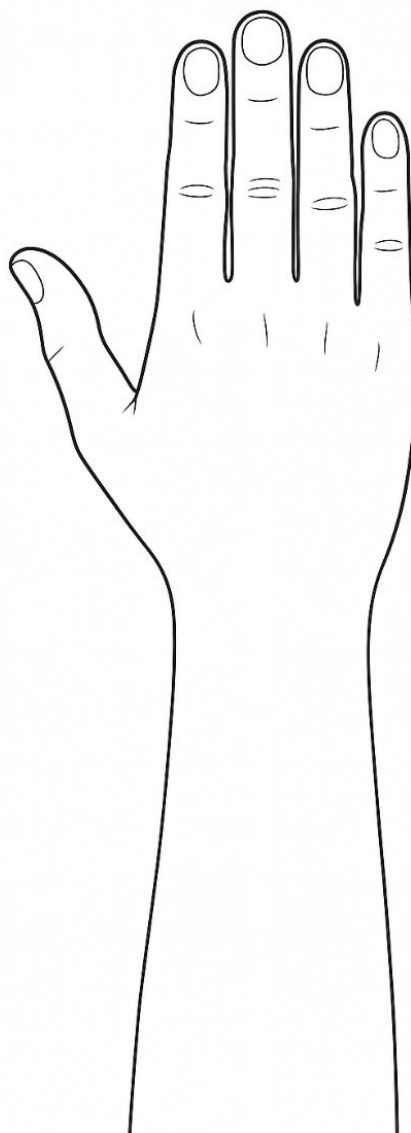
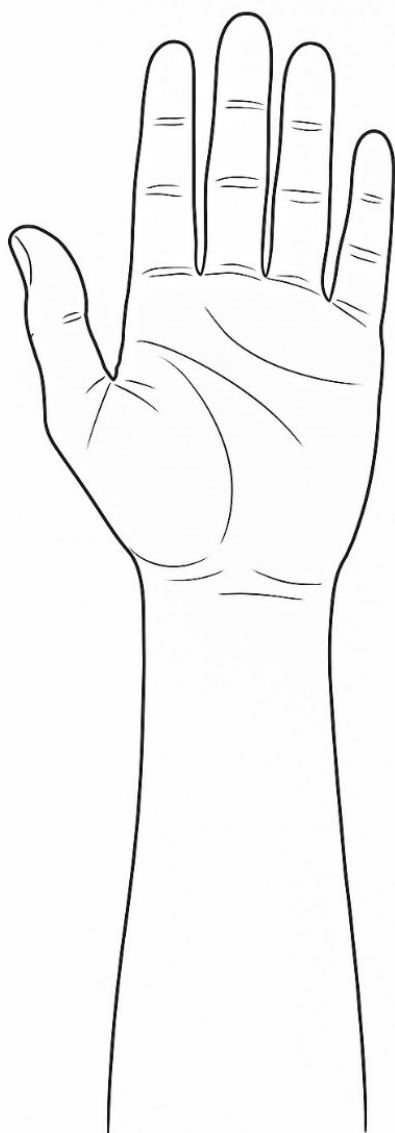


Length of tape: _____ cm

Apply _____ stretch / tension to the middle part of the tape

1st Anchor (start): _____

2nd Anchor (end): _____



Instructions on use and wear of KT

- You can wear the tape for up to 4 days.
- You can shower and wash your hands as normal.
- Tape on the fingers or hand may peel off quicker depending on how often you use your hands or are in contact with water.
- If the tape is causing any redness, itching, or discomfort, please remove it.
- To remove the tape, slowly peel back one end of the tape, flush to the skin, not upwards and away from the skin. If there is hair on the skin, peel in the direction of hair growth.
- Wash the area to remove any leftover adhesive. Ensure the skin is clean and dry and then KT can be reapplied again.

Contact information

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To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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