

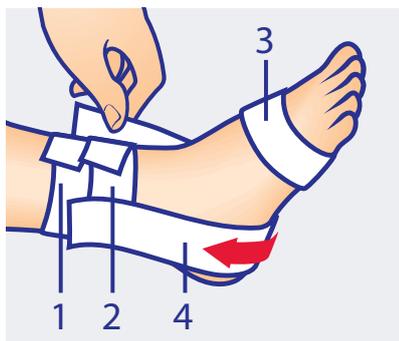
Carefully read these instructions before using the tape:

Hansaplast Sport Tape stabilises and supports joints and limits undesirable movements thus reducing the risk of injuries. Warning - To avoid circulation problems, do not apply tape too tightly. If numbness and tingling result, remove tape and re-apply with reduced tightness. If sprain or strain is severe, seek medical advice. For sensitive skin or frequent taping, apply under-wrap first before taping. Do not use directly onto skin if skin is sensitive to adhesive tape.

Taping the ankle:

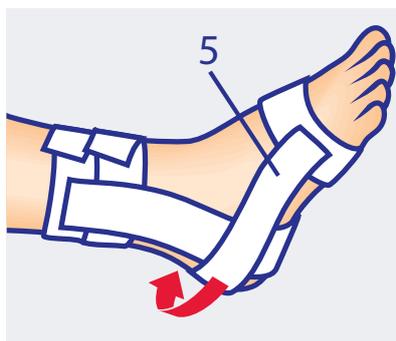
Strong adhesive and rigid construction help to provide maximum support and controlled movement to the ankle.

Step 1



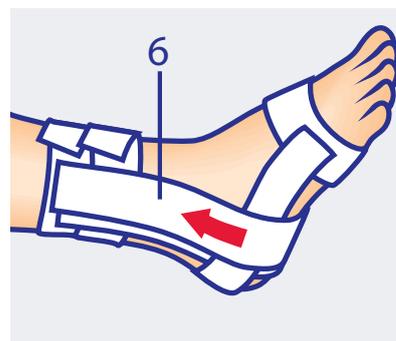
Keep the foot in an upright position. Fasten the fixation strips 1, 2 and 3. Leave a space of 2 cm between the strips (3) underneath the foot. Place the first “loop” (4) in a U-shape around the ankle from the inside of the ankle to the outside.

Step 2



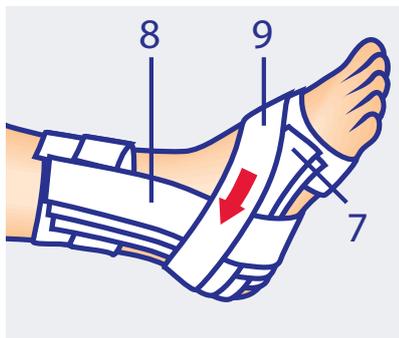
Place the first heel strip (5) around the heel, starting at the fixation strip (3) along the outside of the foot, to the inside of the foot and back to the fixation strip (3).

Step 3



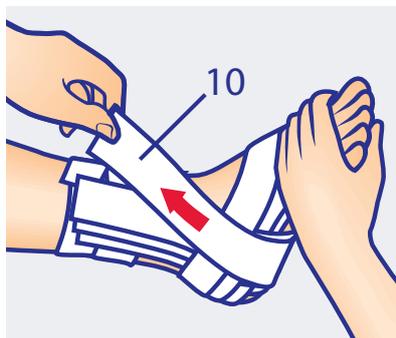
Place the second “loop”(6) slightly above the first (4) so they overlap.

Step 4



Let the next heel strip (7) overlap the first (5) but slightly higher up. Let the third “loop” (8) overlap the second (6). Fasten a strip (9) on the outside of the foot and apply along the Achilles’ tendon to the inside of the foot. Place a fourth “loop” if you further want to limit the foot’s stretch.

Step 5



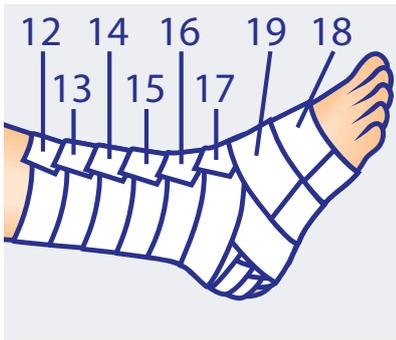
Fasten strip (10) on top of the top fixation strips (1, 2) on the inside of the ankle and wrap it along the outside of the ankle and back to the inside. This strip functions as further support and stability to the foot.

Step 6



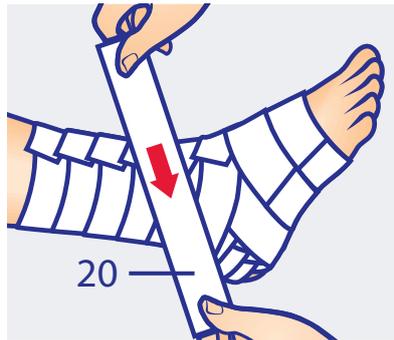
The strip ends on the lower part of the leg is covered by fixation strips. Place strip (11) on the backside of the leg and wrap around to the front.

Step 7



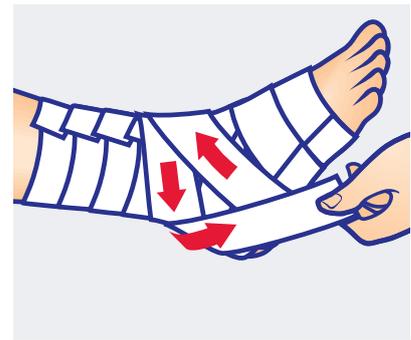
Place fixation strips 12 to 17 the same way as for strip 11. Strip 18 and 19 to be wrapped over the ankle.

Step 8



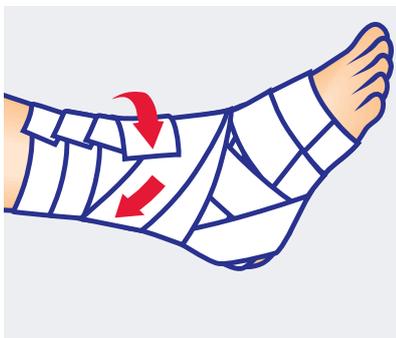
Then place a stabilizing strip for the heel (20). Fasten the strip on the upper part of the ankle. Let the strip run down the outside of the ankle and over the Achille's tendon to the inside of the heel, draw the strip straight down underneath the heel along the outside of the ankle and back the upper part of the foot.

Step 9



Wrap a second stabilizing strip from the front of the lower part of the leg to the inside of the ankle along the Achille's tendon to the outside.

Step 10

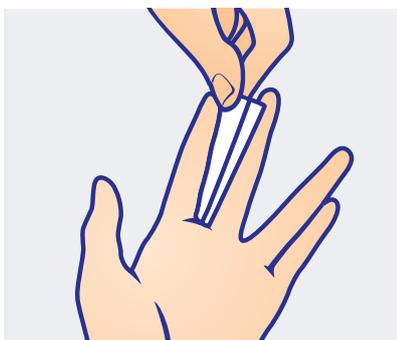


The strip goes under the heel and end on top of the foot. This gives support to the ankle, according to the arrows.

Splinting a finger:

Strong adhesive and rigid construction help to provide maximum support and controlled movement to the joints of the fingers. To prevent that the fingers will bend too far, tape the fingers in a slightly bowed position. Follow the below directions for use:

Step 1



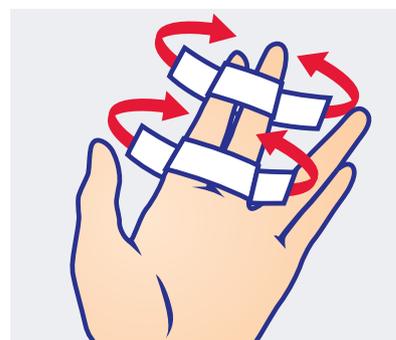
Place absorbing material, e.g. a piece of gauze bandage between the fingers to prevent moisture.

Step 2



Fix both fingers with two 2,5 cm wide strips of Hansaplast Sport Tape.

Step 3

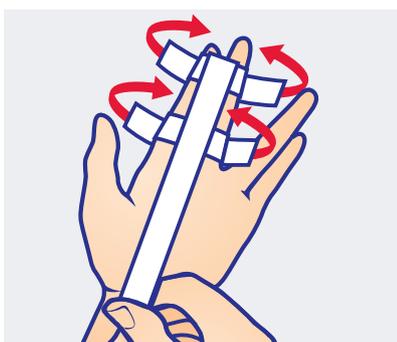


Fasten another two pieces on the outside of the fingers and wrap around.

Tape technique against excessive bending:

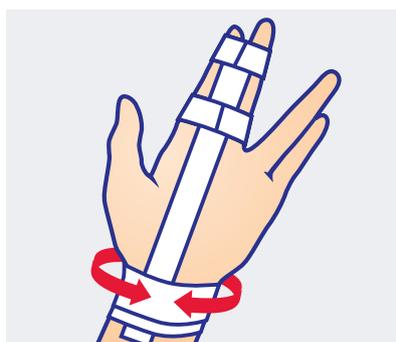
Use Hansaplast Sport Tape to limit the stretch movement of the fingers. To prevent sprains use Hansaplast Sport Tape, as illustrated in figure 4 to 6.

Step 4



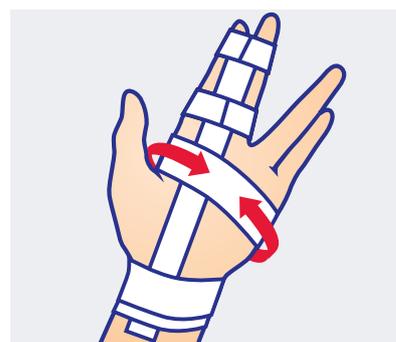
Before folding the strips, as shown in figure 3, you have to fasten one strip going from the fingertips, along the fingers, over the palm and down to the wrist. Bend the fingers to an adequate position. Then fold the strips as shown in figure 3.

Step 5



Fasten two strips around the wrist.

Step 6



Then place fixing strips around the middle of the palm. Let them overlap each other on the upper part of the hand.