

Anchor end - rip tape backing 2-3" from end of tape and remove backing. Anchor end to skin and rub vigorously. Apply tape to area indicated.

Middle stretch - rip tape in middle, peel backing and pull evenly on each end of tape. When applying, never stretch ends of the tape, only stretch the middle. Rub vigorously to set adhesive.

ROCKTAPE

Go stronger, longer

Tactical Athlete Taping Applications



ENDURANCE TAPE FOR ATHLETES

PLANTAR FASCIITIS



1. Flex foot. Anchor tape to outside of foot and wrap tape from outside to inside to support arch. Use multiple pieces if needed.
2. Optional: Run single strip from heel to pads of foot with no stretch.

SHOOTER'S SHOULDER



1. Anchor tape from top of shoulder to lower arm with no stretch.
2. Apply tape on top of shoulder. Stretch tape 50% in middle, no stretch in ends.

ACHILLES TENDON



1. Flex foot. Anchor tape at mid arch. Run tape over AT and finish at top of calf. Relax foot and rub down.
2. Optional. Apply piece across AT. No stretch.

TACTICAL KNEE



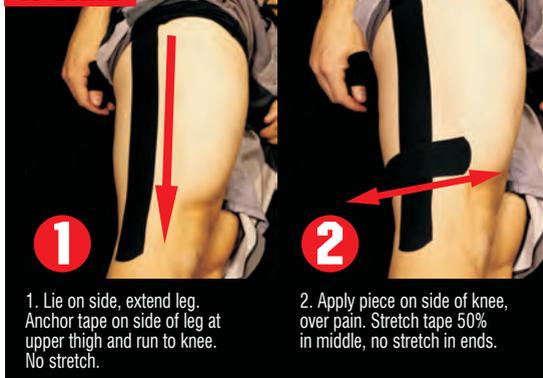
1. Place knee in 120° flexion angle. Anchor stabilization tape at bottom of knee. Wrap tape to the opposite side of the knee as shown. End with tape on the quad. Use a gentle radius. Apply little to no stretch to tape, just enough to get the tape to turn around the knee.
2. Repeat

NECK



1. Stretch neck by lowering chin. Anchor at mid-back and run two strips vertically on each side of spine. No stretch.
2. Apply piece on neck over pain. Stretch tape 50% in middle, no stretch in ends.
Optional: apply longer piece in step 2 - finish with tape ends on top of each shoulder (swimming).

IT BAND



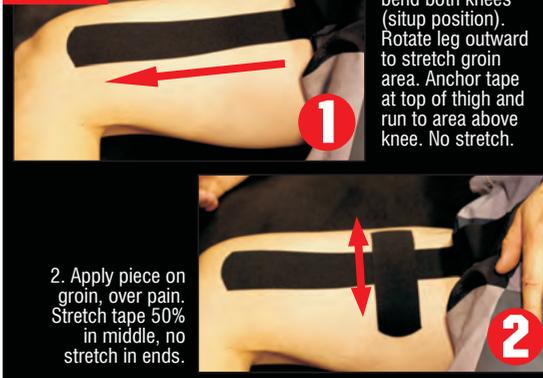
1. Lie on side, extend leg. Anchor tape on side of leg at upper thigh and run to knee. No stretch.
2. Apply piece on side of knee, over pain. Stretch tape 50% in middle, no stretch in ends.

THIGH



1. Lie down and drop leg over table. Anchor tape at top of thigh and run to area above knee. No stretch.
2. Apply piece on thigh over pain. Stretch tape 50% in middle, no stretch in ends.

GROIN



1. Lie on back and bend both knees (situp position). Rotate leg outward to stretch groin area. Anchor tape at top of thigh and run to area above knee. No stretch.
2. Apply piece on groin, over pain. Stretch tape 50% in middle, no stretch in ends.

CALF



1. Flex foot. Anchor tape at lower calf and run to below back of knee. Stretch tape 50% in middle, no stretch on ends.
2. Optional. Apply piece across area that is fatigued. Stretch tape 50% in middle, no stretch on ends.

SCIATICA/HAM STRING



1. Sciatica. Lie down. Anchor tape at top of thigh and run to area above ankle. No stretch.
2. Ham string. Touch toes. Anchor tape at top of thigh and run to area above knee. No stretch.
Optional: Apply piece on ham string over pain. Stretch tape 50% in middle, no stretch in ends. Combine with Lower Back.

SHOOTER'S ELBOW



1. Extend arm, point hand down and rotate outward. Anchor tape above elbow and run to area above wrist. No stretch.
2. Apply piece on elbow over pain. Stretch tape 50% in middle, no stretch in ends.

SHIN SPLINTS



1. Flex foot. Anchor tape below ankle. Run tape along shin over pain.
2. Optional. Apply piece across shin over pain or 'hot spot'. Stretch tape 50% in middle, no stretch in ends.

SHOOTER'S BACK



1. Bend at waist, anchor at glute and run two strips vertically on each side of spine. No stretch.
2. Apply piece over pain in lower back. Stretch tape 50% in middle, no stretch in ends.

INSTRUCTIONS

- Apply on clean, dry skin 10 minutes before exercise. Rub vigorously to set adhesive.
- Never stretch the ends of the tape, only the middle.
- Rocktape can be worn up to five days and is water resistant.
- Store tape in cool, dry place. Let tape come to room temperature before applying.

Watch online instructional videos at www.rocktape.com

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► Taping movements, not muscles

What is PowerTaping? PowerTaping is a new taping method that increases endurance by reducing fatigue in an athlete. The method is very simple and is divided into two parts: the interview and the application.

Interview: ask the athlete "during the last part of a drill, what is the first area of your body to experience fatigue?"

Application: tape the body part that experiences fatigue and you'll increase the athlete's endurance and performance.

Shooting example: Answer to interview - "back and wrist are killing me after a day on the range." Application: tape chain associated with weapons control (wrist) and stability (e.g. lower back and lats.) See PowerTaping manual for more information.

ROCKTAPE

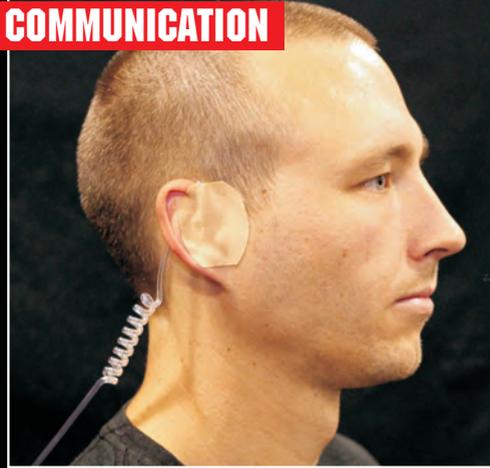
Go stronger, longer

Tactical Athlete Taping Applications



ENDURANCE TAPE FOR ATHLETES

COMMUNICATION



Ear pieces can become dislodged when the athlete becomes physically active. Use Rocktape to secure ear pieces and other communication equipment to the body to ensure uninterrupted communications.



Our beige Rocktape is hard to see in this photo which is good. Simply apply tape over the communication wires you need to secure.

THIS APPLICATION CAN BE USED TO ENCOURAGE PROPER GRIP AND ALSO PROVIDE WRIST STABILITY TO ENSURE PROPER GUN CONTROL

WRIST



1. Cut an 8-10" strip and make a „Y“ strip by cutting a slit down the middle as shown. Anchor one end of the „Y“ on the base of the thumb as shown.



2. With lite stretch, wrap the tape around the thumb and anchor at the wrist as shown. Make sure the tape is on the top or outside of the hand.



3. Run the remaining strip on the inside of the hand and wrap around the thumb, covering the first strip.



4. Using the remaining tape, wrap the wrist using lite to medium stretch. More stretch provides more stability. Do not apply stretch to the ends of the tape.



5. Finished application on trigger hand.

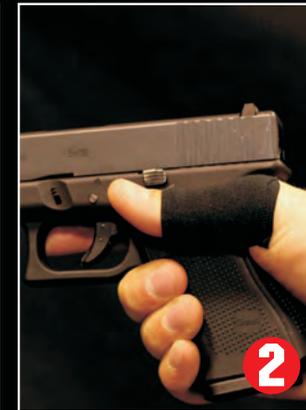


6. Finished application with weapon.

PROTECTION

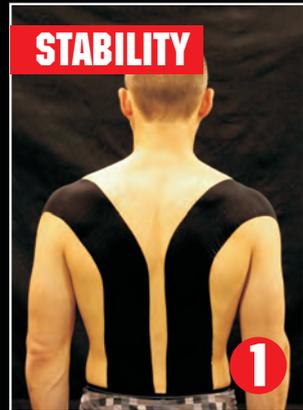


1. Cut a 3-4" strip of tape and wrap around the thumb. Use no stretch.



2. Finished application. This app will provide thumb protection while loading ammo and also prevent chaffing from recoil.

STABILITY



1. Bend at waist and apply 2 strips of tape with little stretch. Start at the waist line and extend over lats to shoulders.



2. Tactical knee. Take 1 piece of tape and wrap under the knee to provide stability.

GRIP



1. Cut a 10-15" strip and anchor one end of the tape on the inside palm of the hand.



2. Wrap the tape around the back of the hand and over the top with little to no stretch. Stop when you reach the first anchor point.



3. Bend your hand at the wrist and point it down. The amount of downward rotation is a personal decision and related to how you grip your weapon. The tape will help pull your hand to the proper position.



4. Finished application on control hand.



5. Finished application with weapon.

With your wrist still bent, pull on the tape and apply 50% stretch. Run the remaining tape to the back of the wrist and anchor on the wrist/forearm with no stretch.