

Calf

What is Sanctband Active Functional Tape?

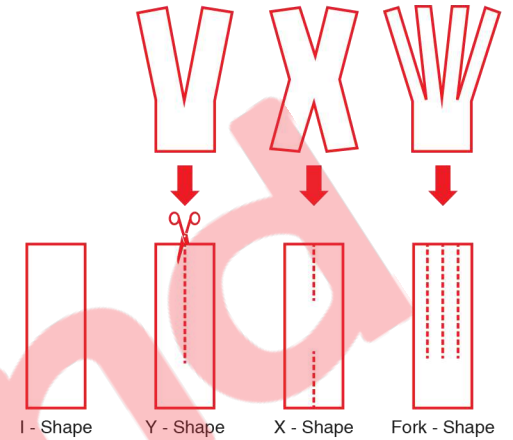
The Sanctband Active Functional Tape is an elastic adhesive tape which can minimise discomfort and facilitates lymphatic drainage by microscopically lifting the skin. It can be used in the treatment of muscles, fascia and tendon symptoms as well as performance enhancement by supporting the muscles. In addition, natural healing process can be enhanced due to the improved circulatory improvement on the taped area.

Tips for applying and removing Functional Tape

- Skin should be completely dry and free of any lotions or oils.
- Apply tape at least 1 hour before sweating, swimming or showering.
- Small amount of body hair will not affect the adhesion of the tape, areas with significant amount of hair should be removed for better result.
- Avoid touching the adhesive side of the tape.
- Round the corners of the tape by cutting with sharp scissors to prevent ends from peeling prematurely.
- After applying the tape on skin, rub the tape to make sure the adhesive surface sticks firmly on the skin.
- Remove the tape in the direction of hair growth.
- Tape that is still strongly adhered to skin may be loosened by soaking with baby oil or vegetable oil.

Knee

How to cut the Sanctband Active Functional Tape?



I - Shape

Y - Shape

X - Shape

Fork - Shape

Shoulder



Requires: 1 piece of Y tape
1 partner for taping

Starting Position: Lie down with head facing down.

- Pre-stretch the calf muscles by bending the foot upwards.
- Anchor the base of the Y tape at the heel and adhere both of the tails covering the calf.

Inner Forearm

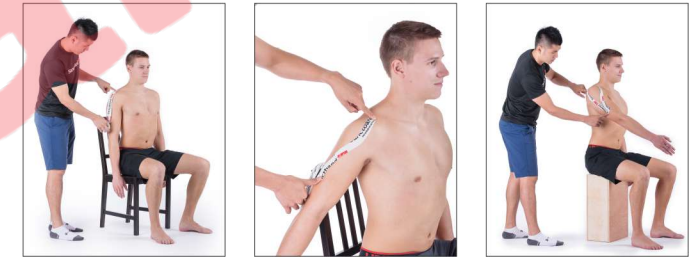


Requires: 2 pieces of I tape
Self application / 1 partner for taping

Starting Position: Bend knee at a 90 degree angle.

- Apply I tape around the outer edge of the kneecap.
- Repeat the same on the other side of the knee with the other I tape.

Lower Back



Requires: 1 piece of Y tape
Self application / 1 partner for taping

Starting Position: Place arm close to the side of the body.

- Place the base of the Y tape at the lower part of your side shoulder.
- Adhere the front tail of the tape towards front shoulder while placing the hand at the back.
- Place the back tail at the back of the shoulder while positioning the hand at the front.

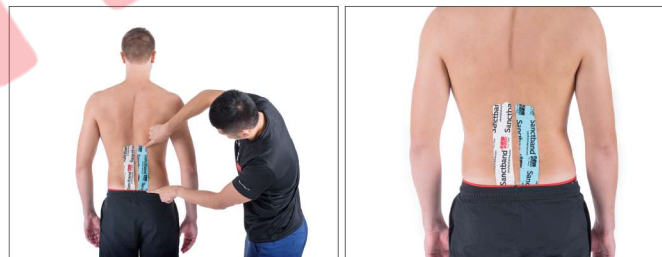
Upper Trapezius



Requires: 1 piece of Y tape
Self application / 1 partner for taping

Starting Position: Bend palm facing outwards to pre-stretch the inner forearm muscles.

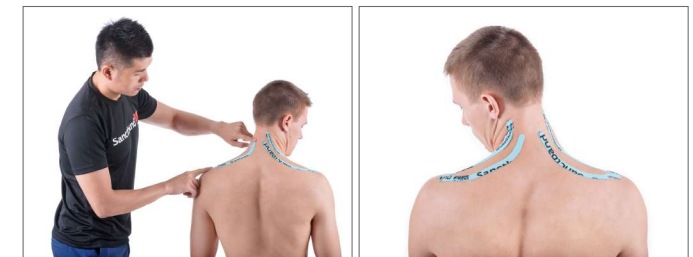
- Adhere the base of the Y tape towards the middle of the palm.
- Place the tape to cover the inner forearm area.



Requires: 2 pieces of I tape
1 partner for taping

Starting Position: Lean forward with a straight back to pre-stretch the lower back.

- Place the base of the I tape at the lower back and place the remaining tape upwards paralleled to the spine.
- Repeat the same for the opposite side with another I tape.



Requires: 2 pieces of Y tape
1 partner for taping

Starting Position: Pre-stretch one side of the upper trapezius by looking downwards and away to the opposite side.

- Anchor the base of the Y tape on the top of the shoulder.
- Place the upper tail towards the upper side of the neck while the lower tail place right below of the upper tail.
- Repeat the same for the other side of the trapezius muscle.