

# HEALTH & SAFETY GUIDELINES

## PLEASE READ BEFORE APPLYING

Defining Motion K-Tape is intended for **external, non-medical use only**. It should be applied with care using proper technique. If you are uncertain whether kinesiology taping is appropriate for your condition or circumstances, consult a qualified healthcare professional **before use**.



## Do Not Use K-Tape If You

- Have open wounds, rashes, or broken skin
- Are managing an active skin infection or diagnosed cancer
- Have a history of deep vein thrombosis (DVT)
- Experience reduced or altered skin sensation
- Are allergic to adhesives, tapes, glues, or synthetic fabrics
- Have previously experienced a reaction to kinesiology tape

## Use With Caution If You



Are pregnant (consult your healthcare provider before use)



Experience circulation issues or lymphedema



Have had lymph nodes removed (e.g., post-mastectomy)



Are applying near sensitive areas (e.g., throat, groin, armpits, or behind the knees)

## Before Applying

01. Ensure skin is clean, dry, and free from oils, lotions, or creams
02. Trim excessive hair in the application area
03. Round the corners of each strip to help reduce premature peeling
04. Perform a patch test if you have sensitive or allergy-prone skin






## Application Tips


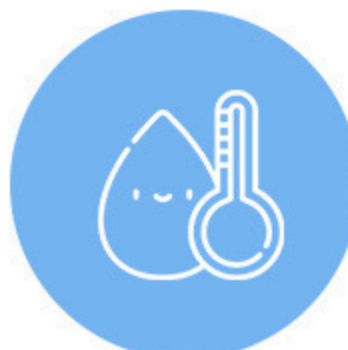

01. Do not stretch the first and last 2–3 cm of tape
02. Apply with appropriate tension — avoid over-stretching
03. Rub the tape gently after application to help activate the adhesive
04. Avoid wrapping tape tightly around joints or over major blood vessels



## While Wearing

-  Tape can typically be worn for 3–5 days
-  It is sweat- and water-resistant, but **not** suitable for full submersion (e.g., swimming or soaking)
-  If any irritation, itching, or discomfort occurs, remove the tape immediately and discontinue use

## To Remove

-  Slowly peel the tape back against itself while supporting the skin
-  Use warm water, baby oil, or lotion to ease removal if needed
-  Gently cleanse and moisturise the skin after removal

## Important Notice

Defining Motion K-Tape is **not a medical device** and is **not intended to diagnose, treat, or prevent any medical condition**. It is not a substitute for medical advice, diagnosis, or treatment. If you are unsure whether this product is suitable for you, **please consult a qualified healthcare provider** before use. Use at your own discretion.