



KOMO know how

*Elbow Taping 1:
an easy application guide*

KOMOTape
Support in motion



For everyday use; including
low and medium levels of
exercise and sport

*An easy application guide
for **elbow taping** for
**muscle and-or joint pain
or weakness.***

KOMO Physio tape was designed to help **PROMOTE** movement,
IMPROVE performance & **RESTORE** function to the injured body.



Watch the Elbow Taping with KOMO Tape video guide

Always apply the tape to clean, dry skin

Remove if skin becomes irritated.

Apply KOMO tape at least **30 minutes before exercise.**

(This helps the tape stick for longer.)

- **Place hand on your lap, palm up**
- **Cut a 40 cm strip** with rounded edges to increase adherence
- Tear the end piece and **secure the tape on the inside of the arm**
above the elbow
- Wrap around the elbow to **form a cross at the front of the joint** and
follow around to the back of the elbow
- **Rub vigorously for 10 seconds** to help adhere to the skin
- **Stretch the tape about 50%** but do not distort the pattern on the tape
otherwise too much stretch has been applied

www.komophysiotherapy.com.au
phone 0406 889 796

KOMOPhysio

