

KOMO know how

*Elbow Taping 2:
an easy application guide*

KOMOTape
Support in motion



For everyday use; including all levels of exercise and sport

An easy application guide for **elbow taping** for **muscle and-or joint pain** and can be helpful for **tennis elbow** or **golfers elbow**.

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 lap, palm up**
- **Cut two 20 cm strips with rounded edges** to increase adherence
These are the **anchor pieces for the inside and outside of the elbow**
- Secure each piece **halfway down the forearm and up past the elbow** on each side
- Cut two **30 cm strips to wrap around the arm** above and below the elbow joint
- **Wrap tape from inside of the arm** towards to outside
- **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

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