### Lower Back
1. Bend at waist, anchor at glute and run two strips vertically on each side of spine. No stretch.

2. Apply decompression strap over pain in lower back. Stretch tape 50% in middle, no stretch in ends.

### Diaphragm
1. Cut tape to length as indicated. Apply middle of tape at base of sternum/breast bone.

2. Take deep breath and hold. Apply tape in curve as indicated. Do not stretch ends of tape. Exhale.

### Front Sling w/ Baby Belt
1. Cut 2 strips about 16” long. Place area above head. Attach strips at pelvis and carefully run over the stomach to the rib cage.

2. See Baby Belt for additional instructions.

### Pregnancy applications
- **Lower Back**
  - Apply decompression strap over pain in lower back. Stretch tape 50% in middle, no stretch in ends.

- **Diaphragm**
  - Cut tape to length as indicated. Apply middle of tape at base of sternum/breast bone. Take deep breath and hold. Apply tape in curve as indicated. Do not stretch ends of tape. Exhale.

- **Scalp Pain**
  - Lie down with areas stretched. Anchor tape at top of scalp and above ankle. No stretch.

- **Sciatica**
  - Place foot in 90° angle. Cut 2 pieces of tape, 6-8” long. Cut tape vertically, 3-4” from end to create “fans”. Anchor tape at mid-shin, apply over area of swelling. No stretch.

- **Swollen Ankles**
  - Apply more ‘fans’ to increase fluid removal.

- **Sacroiliac**
  - Lie down with areas stretched. Anchor tape at top of thigh and stretch tape over leg. No stretch.

### Neck-Postural Stress
1. Cut 2 strips of tape about 8” long. Rip the first tape in the middle and apply the middle of the tape to the middle of the neck. Roll shoulders and trunk forward and apply the ends of the tape, extending away from the center of the neck. Repeat the above process with the other side of the neck.

### Plantar Fasciitis
1. Flex foot. Anchor tape to heel and run to ball of foot with no stretch.

2. Apply decompression strap over pain in lower back. Stretch tape 50% in middle, no stretch in ends.

### Procedural Instructions
- **Apply on clean, dry skin 10 minutes before activity. 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. Allow tape to come to room temperature before applying.**

### Pregnancy Taping for Moms
- **Pregnancy applications**
  - Optional: Apply more ‘fans’ to increase fluid removal.

  - 1. Place foot in 90° angle. Cut 2 pieces of tape, 6-8” long. Cut tape vertically, 3-4” from end to create “fans”. Anchor tape at mid-shin, apply over area of swelling. No stretch.

  - 2. Repeat the above process with the other side of the neck.

- **Sciatica**
  - Place foot in 90° angle. Cut 2 strips about 6” long. Cut tape vertically, 3-4” from end to create “fans”. Anchor tape at mid-shin, apply over area of swelling. No stretch.

- **Swollen Ankles**
  - Apply more ‘fans’ to increase fluid removal.

- **Sacroiliac**
  - Lie down with areas stretched. Anchor tape at top of thigh and stretch tape over leg. No stretch.

- **Plantar Fasciitis**
  - Flex foot. Anchor tape to heel and run to ball of foot with no stretch.

- **Carpal Tunnel**
  - Anchor tape to heel and run to ball of foot with no stretch.

- **Piriformis/Hip Pain**
  - Can use fans or strips. Cut 2 strips about 6” long. Stretch area by laying on side and pushing leg forward until area is lightly stretched. Apply tape over area of pain in the form of a large X. Make sure the intersection of the tape is over the epicenter of pain.

- **Rib Pain**
  - Can use fans or strips. Cut 2 strips of tape about 8” long. Extend arm over head and lean to stretch the area with pain. Take in deep breath and hold. Apply tape over area of pain with no stretch.

- **Sacroiliac**
  - Lie down with areas stretched. Anchor tape at top of thigh and stretch tape over leg. No stretch.

- **Optional**: Apply decompression strap on leg over pain. Stretch tape 50% in middle, no stretch in ends.

- **Baby Belt**
  - Cut 2 strips about 16” long. Anchor tape at top of waist and above ankle. No stretch.

  - 1. Apply decompression strap on leg over pain. Stretch tape 50% in middle, no stretch in ends.

  - 2. Repeat this pattern on the other side.

### Always consult your medical professional or therapist for advice. Stop using Rocktape immediately if you see any irritation. These instructions are provided for educational purposes and are not intended to replace medical advice. Muscle and joint pain can indicate a serious condition and you should seek medical care if your pain is persistent.