

What is therapeutic tape?

Therapeutic tape is a stretchy, woven, cotton tape. The tape:

- Has adhesive on the back side to stick to the skin.
- Is thin and porous. This allows the skin to breathe and reduces the chance of skin irritation.
- Can be worn for up to 3 to 5 days.
- Does not have latex or medicine in it.

Why does my child need it?

Your child's therapist will talk with you about how the tape can help your child. It may:

- Help a weak muscle "turn on" or improve muscle tension (contraction).
- Help to relax a tight or overused muscle for improved range of motion.
- Decrease pain.
- Decrease swelling and improve blood flow.
- Improve awareness (proprioception) of a joint or muscle.
- Improve the position of a joint.

How should my child wear it?

Test piece

Your child's therapist has put a test piece of tape on your child.

- Leave it in place for 24 to 48 hours.
- Take it off **right away** if you notice signs of skin irritation, such as:
 - Redness
 - Rash
 - Swelling
 - Itching

Regular use

Leave your child's tape in place for _____ days to get the best results.

- Check the area often. Take off the tape **right away** if you notice any redness, rash, swelling or itching.
- Leave it off for 24 hours before putting it on the same area. This will allow the skin to rest.
- Your child can wear the tape and get it wet during bathing, showering and swimming.
 - After the tape gets wet, use a towel to pat it dry.
 - **Do not dry the tape with a hair dryer.** High heat will make the tape hard to remove. It could also burn your child's skin.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Therapeutic tape, continued

- The tape may start to roll at the edges while wearing.
 - If so, trim off the rolled edges to prevent the tape from getting caught on clothes and pulling off more.
 - Keep the rest of the tape in place for the number of days advised by your child’s therapist.

How should I remove it?

Take your time to remove the tape. To help the tape come off more easily:

- Place a thin layer of baby oil, vegetable oil or tape remover over the whole area of tape. Let it soak for 15 to 20 minutes. Or, soak the area in a sink or tub with warm water for 15 to 20 minutes.
- Loosen and hold 1 end of the tape.
- **Slowly** peel the tape away from the skin.
 - Remove the tape in the same direction as your child’s hair growth. This may cause less discomfort.
 - **Do not pull the tape off in a fast motion.**
- Once the tape is off, use plenty of lotion to moisturize the skin and decrease irritation. Do not use lotion right before putting the tape back on. It will decrease how well the tape sticks to the skin.

Please let your child’s therapist know if you have any questions or concerns about the tape.

Therapist

Date

Time

Phone number

This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.

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