

Go stronger, longer

ROCKTAPE

EQUINE

EQUESTRIAN APPLICATION GUIDE

www.rocktape.com.au



START HERE

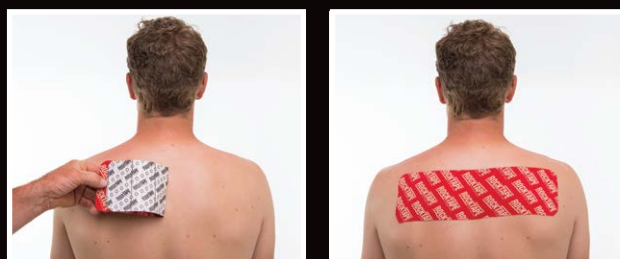


Anchor End - rip tape backing 5cm/2" from end of tape and remove backing. Anchor end to skin and rub vigorously. Apply tape to area indicated.

Middle Stretch - rip tape in middle, peel backing and pull evenly on each end of tape. When applying, never stretch ends of the tape, only stretch the middle. Rub vigorously to set adhesive.

POSTURE

UPPER BACK 1



1. Have the rider assume an upright position with shoulders back.
2. Apply one 10cm piece across the shoulders with 25-50% stretch using a middle out technique.

UPPER BACK 2



1. Have the rider assume an upright position with shoulders back.
2. Apply two 5cm pieces across the upper back with 25-50% stretch to form an "X".

ELBOW POSITION



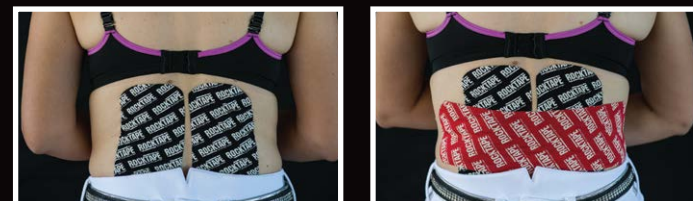
1. Have the rider stand with their arm by the side.
2. Apply a piece with 25-50% stretch from chest, around the outside of the shoulder to finish on the shoulder blade.

HEAD



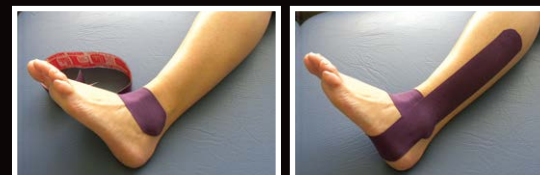
1. Have the rider look straight ahead and apply tape either side of the neck to the upper back with 25-50% stretch.
2. Apply a piece from one shoulder to the other using 25-50% stretch.

LOWER BACK



1. Have the rider stand and increase the arch in their low back. Apply a piece on either side of the spine from the pelvis to the lower ribs with 25-50% stretch.
2. An additional piece can be used across the low back with 25-50% stretch.

ANKLE SPRAIN



1. Start with the ankle in a neutral position. Tape from behind the outside ankle bone across the front of the ankle, under the foot using 30% stretch.
2. Then using 50% stretch continue up over the outside of the ankle and lower leg.

PAIN

LOWER BACK



1. Bend at waist. Anchor at pelvis and run two strips vertically with 30% stretch.
2. Apply a decompression tape with middle out technique with 50% stretch.

KNEE



1. With the knee at 90° bend, apply a decompression piece with 50% stretch across the front of the knee below the knee cap.
2. Apply a strip either side of the knee cap, starting at the front of the shin bone and coursing around the knee cap on each side with 30% stretch.

CALF



1. Straighten the knee and pull the toes towards the knee. Apply the tape along the calf with 30% stretch.
2. Apply a decompression piece across the area of most soreness using 50% stretch.

SHOULDER



1. Apply 2 x 5cm pieces from the deltoid insertion to the AC joint with 30% stretch. The posterior piece with the arm across the chest, and the anterior piece with the arm reaching behind.
2. Apply a decompression piece with 50% stretch over the painful area of the shoulder.

LATERAL ELBOW



1. Extend the elbow and bend the wrist to the palm side. Apply tape along the forearm muscles with 30% stretch.
2. Apply a decompression piece with 50% stretch across the area of most pain.

INSTRUCTIONS

- Apply on clean, dry skin 60 minutes before exercise. 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. Let tape come to room temperature before applying.