



KINESIOLOGY TAPE

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Instructions for use

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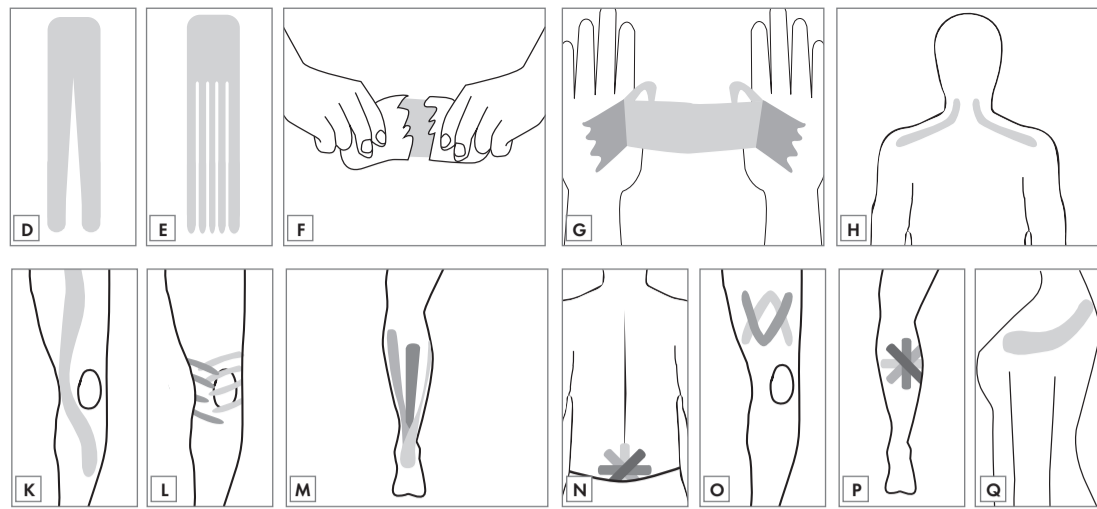
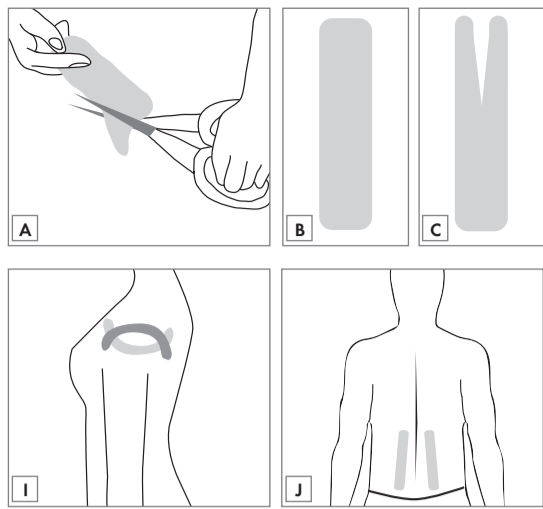
KINESIOLOGIE-TAPES

Gebruiksaanwijzing

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KINESIOLOGIE-TAPES

Gebrauchsanweisung



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Congratulations on the purchase of your new product. You have chosen a high-quality article. Please familiarise yourself with the instructions and safety information before using this product. The instructions for use are part of this product. They contain important information on safety and use. Use the product only in perfect condition, as described and for the specified area of use. Please keep all packaging including this leaflet for as long as you use the product and be sure to include them when handing on the product to another person.

Medical device

Only intended for private use!

Note:

The medical device is intended for adults who are able to read, understand and independently follow these instructions for use. A reason for use, as named under Indications, must be present at the user.

The item is not intended for groups of persons who are excluded from its application by the contraindications listed below.

Scope of delivery

1 x kinesiolytische tape, blue (500 x 5 cm)
1 x kinesiolytische tape, black (500 x 5 cm)
1 x kinesiolytische tape, pink (500 x 5 cm)
1 x kinesiolytische tape, skin-coloured (500 x 5 cm)
1 x instructions for use

Intended purpose

This article is intended to be applied to the skin. When the elastic tape is tensioned and stuck to the skin it doesn't just transmit its tension to the skin, it also reinforces it by forming an additional textile layer.

If used correctly the elastic tape can help to stabilise joints and to relax and alleviate muscular pain.

The tensioning force can have a stimulating effect on the skin and its lymphatic vessels, which can promote the drainage of tissue fluid and consequently help to reduce swelling.

Indications

The elastic tape can be used to help alleviate:

- postural problems (postural weaknesses)
- instability of the joints
- tense muscles
- muscle pain
- menstrual cramps

Contraindications

Do not use – or only use after consulting your doctor – in the case of:

- Open wounds
- Skin diseases
- Thromboses
- Treatments using other methods (e.g. fango therapy, massage therapies, electrical muscle stimulation treatment)
- Allergies to the material that the article, adhesive or backing is made of
- Chronic complaints relating to its field of use

Safety information

In the case of acute injuries or complex symptoms you should arrange for a doctor or physiotherapist to stick the article (tape) in place.

Keep the article out of the reach of children.

Pregnant women should seek advice from a doctor before applying the article.

Do not apply the article with excessive tension. There should not be an undue level of constriction.

Leave the article on the skin for a maximum of seven days.

The part of the body which is to be treated must not be completely enveloped by the article!

Do not use in the case of skin diseases and irritations, such as neurodermatitis.

Hypersensitivities or allergic reactions are shown by redness combined with itching and/or swelling of the skin to which the tape is applied. In this case remove the article immediately.

Redness without itching and/or swelling may also be caused by the removal of the tape – owing to the stimulation of blood circulation in the skin – and it is normal if it fades within a few minutes.

If problems arise while you are wearing the tape remove it immediately and clean the area of skin with cold water. The problems should be alleviated and/or completely eliminated within a couple of minutes of removing the tape. If problems persist or worsen, consult a doctor.

Use

The various applications are illustrated in a product video at www.lidl-service.com.

We recommend getting someone else to help you apply the article correctly.

Note: The ends of the article (anchors) are always stuck in place without any tension being applied.

Preparation

Important! Don't apply creams or similar products immediately before applying the tape.

1. Shave the part of the body that is to be treated if it is covered with dense hair.
2. Clean the body part using degreasing agents (e.g. soap or skin disinfectants). The skin must be clean, grease-free and dry.

Cutting the tape / kinesiolytische tape shapes

Measure the length of the desired tape shape against the part of the body which is to be treated and cut the desired length from the roll. After cutting out the desired tape shape, use scissors to round off all the corners (Fig. A).

The following tape shapes can be cut:

- **I-shape (Fig. B)**
- **Y-shape (Fig. C)**
 1. Fold the article lengthways so as to create a line down its middle.
 2. Cut down the middle line of the article to a third of its length.
- **Trouser-shape (Fig. D)**
 1. Fold the article lengthways so as to create a line down its middle.
 2. Cut down the middle line of the article to a third of its length.
- **Eyelashes (Fig. E)**
 1. Turn the article round so that you can see the lines that are drawn onto the paper.
 2. Cut along the pre-drawn longitudinal lines to two thirds of the length of the article.

Detach the paper

The article is on backing paper which must be removed.

Important! Don't touch the adhesive surface of the article because doing so will make the article less adhesive.

1. Take hold of the article that has been cut to size.
2. Pull at both ends until the paper tears (Fig. F).
3. Detach the paper, beginning on the tear side (Fig. G). Slightly stretching the tape makes it easier to detach the paper.

Neck

Note: In this case it would be useful for a second person to help you to stick the article in place.

Can help to alleviate tautness in the shoulder and neck area.

1. Determine the length that is needed based on your neck musculature.
2. Prepare the article in an I-shape.
3. Lean your head to the opposite side so that tension is produced in the neck muscles.
4. Stick the slightly tensioned article to the body part. The ends should be stuck in place without any tension being applied (Fig. H).

Shoulder

Note: In this case it would be useful for a second person to help you to stick the article in place.

Can help to reinforce the feeling of stability and motion in the shoulder joint.

1. Determine the desired length based on the layout of your shoulder musculature.
2. Prepare two articles in an I-shape.
3. Stick the first article in place on the shoulder from above using a high degree of tension.
4. Stick the second article to the shoulder from the side using a high degree of tension (Fig. I).

Back

Note: In this case it would be useful for a second person to help you to stick the article in place.

Can be applied when you are in a standing position in order to help reduce postural weaknesses. Can be applied when you are bent forwards in order to relieve the lower back muscles.

1. Prepare two long, I-shaped articles.
2. Stick the articles in place on your back to the left- and right-hand side of the spine without applying any tension (Fig. J).

Thigh

Can have a beneficial effect in the case of tenseness, cramps, pulled muscles and torn muscles. Can also be used in the case of certain knee problems, since the perception of knee flexion/extension can be improved if the article is correctly stuck in place.

1. Determine the desired length based on your thigh musculature.
2. Prepare the article in an I-shape.
3. Bend the leg that you want to apply the tape to.
4. Stick the article to the thigh along the thigh muscle (Fig. K).

Knee

Can be used in the case of soft tissue swellings.

1. Prepare two eyelash-shaped articles which match the size of your knee.
2. Sit down and gently bend your knee.
3. Stick the end of the first article (without eyelashes) to the hollow of your knee.
4. Stick each eyelash in place individually so that the eyelashes are arranged over the knee in a fan shape.
5. Stick the end of the second article (without eyelashes) to the outside of your knee.
6. Stick each individual eyelash over the eyelashes of the first article in a fan shape (Fig. L).

Achilles tendon / calf

Note: In this case it would be useful for a second person to help you to stick the article in place.

Can be used in the case of inflammations and strains affecting the Achilles tendon and the adjacent calf muscle area.

1. Determine the desired length based on the layout of your Achilles tendon and calf muscles.
2. Prepare one double I-shaped article and one I-shaped article.
3. Hold the I-shaped article and raise your ankle.
4. Stick one end of the article to your ankle and place your ankle on the floor.
5. Pull the paper off smoothly and stick the article to the Achilles tendon / calf.
6. Raise your ankle and stick one end of the double I-shaped article to the first article.
7. Pull the paper off smoothly and stick the "trouser legs" of the article around the left- and right-hand side of the calf (Fig. M).

Special case: Menstrual cramps (dysmenorrhoea)

Note: In this case it would be useful for a second person to help you to stick the article in place.

1. Find the point on your back where the first sacroiliac joint is (S1). It is situated in the extension of the spinal column.
2. Prepare four I-shaped articles of about 10 cm in length.
3. While applying a high degree of tension, stick the four articles in place crosswise over the point on your back. Make sure that you do not apply any tension when sticking the ends of the articles down (Fig. N).

Special case: Thigh muscle tear

1. Prepare two Y-shaped articles according to the size of the part of your body which is to be taped.
2. Stick the articles in place on top of each other on the muscle tear (Fig. O).

Special case: Calf muscle tear

1. Prepare four short, I-shaped articles.
2. Stick the articles on top of one another on the painful spot (Fig. P).

Special case: Supraspinatus tendinitis

Can be used in the case of injuries/inflammations of the supraspinatus muscle and its tendon.

1. Determine the desired length based on the layout of your shoulder musculature. Measure out three large segments on the back of the article (approx. 15 cm).
2. Prepare the article in an I-shape.
3. Turn the bent arm behind your back on the side on which the shoulder is to be taped.
4. Stick the article (applying slight tension) to the shoulder along the upper edge of the shoulder blade (Fig. Q).

Removing the article

Keep the article flush with the skin as you pull it off. Then remove any adhesive residues by using a disinfectant or Vaseline.

Note: The longer you leave the article on the skin, the easier it is to remove. Removing the article may be unpleasant if the skin is slightly hairy. We therefore recommend shaving the part that it is to be stuck on beforehand. Do not stick the article in place immediately after shaving the area.

Cleaning and care

- The article can only be used once in its cut form.
- Dry the article if it has become wet (e.g. as a result of swimming, bathing or showering).
Please note: Do not rub the article to dry it out as this will make it come off the skin.

Storage

- Keep the article in a cool, dry place and protect it from direct sunlight.
- Keep it out of the reach of children and pets.

Instructions for disposal

Dispose of the article in an environmentally responsible way by using a registered waste disposal firm or your local authority disposal facility. When doing so please adhere to the currently applicable regulations.

Obligation to notify

All serious incidents relating to the product must be reported immediately to the manufacturer and the competent authority.

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	Consult instructions for use
	Attention: Always adhere to the stated warning information
	Not to be reused
	Protect against getting wet
	Keep out of direct sunlight
	Catalogue number
	Batch designation
	Use by
	Date of manufacture (year): 2023
	Manufacturer
	Conform to regulation (EU) 2017/745 on medical devices
	Medical device
	Temperature limits (recommended article temperature during use)

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Gefeliciteerd met de aankoop van uw nieuwe product. U hebt hiermee gekozen voor kwaliteit. Lees alle gebruik- en veiligheidsaanwijzingen eerst goed door voordat u het product gebruikt. De gebruiksaanwijzingen vormen een onderdeel van dit product. Hierin vindt u belangrijke aanwijzingen met betrekking tot de veiligheid en het gebruik. Gebruik het product uitsluitend als het in een onberispelijke staat verkeert, op de voorgeschreven wijze en alleen voor de aangegeven toepassingen. Bewaar de verpakking en deze bijsluitende zorgvuldig zolang u de product gebruikt. Als u het product aan derden afstaat, dient u tegelijk ook de verpakking en de bijsluitende te overhandigen.

Medisch hulpmiddel

Uitsluitend voor eigen gebruik.

Instructie:

Het medische product is bestemd voor volwassen personen, die deze gebruikershandleiding lezen, begrijpen en zelf kunnen opvolgen. Een reden voor gebruik, zoals genoemd onder Indicaties, dient bij de gebruiker aanwezig te zijn. Voor personen kringen die door de hieronder vermelde contra-indicatie uitgesloten zijn van gebruik, is het artikel niet bestemd.

Inhoud van de verpakking

1 x Kinesiolytische-tape blauw (500 x 5 cm)
1 x Kinesiolytische-tape zwart (500 x 5 cm)
1 x Kinesiolytische-tape roze (500 x 5 cm)
1 x Kinesiolytische-tape huidskleur (500 x 5 cm)
1 x gebruiksaanwijzing

Beoogd doeleind

Dit artikel is bedoeld om op de huid te worden aangebracht. Wanneer de elastische tape onder spanning op de huid wordt aangebracht, brengt het niet alleen zijn elasticiteit over op de huid, maar versterkt het deze ook door de vorming van een extra textiellaag.

Bij correct gebruik kan elastische tape helpen de gewrichten te stabiliseren, te ontspannen en spierpijn te verlichten. De elasticiteit kan de huid en de lymfevaten stimuleren, wat de afvoer van weefselwater en de daarmee gepaard gaande vermindering van zwellingen kan ondersteunen.

Indicaties

De elastische tape kan worden gebruikt voor de volgende ondersteunende toepassingen:

- houdingsproblemen
- instabiliteit in gewrichten
- spierkrampen
- spierpijn
- menstruatiepijnen

Contra-indicaties

Niet – of alleen na overleg met een arts – gebruiken bij:

- Open wonden
- Huidaandoeningen
- Trombosen
- Behandeling met andere methodes (bijv. Fango, massagetherapieën, stroomstimulatiebehandeling)
- Allergie tegen het materiaal van het artikel, de kleefstof of de drager
- Chronische klachten in de toepassingslocatie

