



## KINESIOLOGY TAPE SHOULDER AND NECK

GB IE NI  
**KINESIOLOGY TAPE  
SHOULDER AND NECK**

Instructions for use

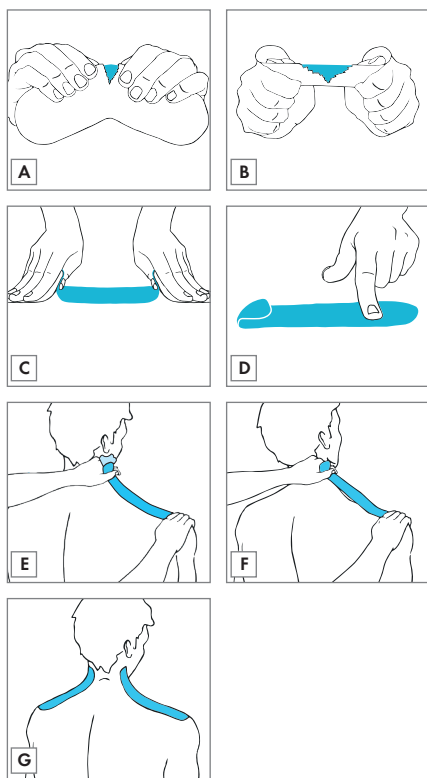
NL BE  
**KINESIOLOGIE-TAPES  
SCHOUWER EN NEK**

Gebbruksaanwijzing

DE AT CH  
**KINESIOLOGIE-TAPES  
SCHULTER UND NACKEN**

Gebrauchsanweisung

IAN 379137\_2110



GB IE NI

Congratulations on the purchase of your new product. You have chosen a high-quality article. The instructions for use are part of this product. They contain important information on safety and use. Please familiarise yourself with the instructions and safety information before using this product. 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

- 2 x Kinesiology Tape blue (20 x 5 cm)
- 1 x Kinesiology Tape black (20 x 5 cm)
- 1 x Kinesiology Tape pink (20 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

### Cleaning and care

- The pre-cut tape can only be used once.
- 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

Please 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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With this QR code you can access [www.lidl-service.com](http://www.lidl-service.com) and open your instructions for use with the product number (IAN) 379137.

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### 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. fangothérapie, 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.

### Possible side effects

- ⚠ 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](http://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.

### Applying the product

The product is attached to paper, which must be removed. **Important! Do not touch the adhesive surface of the product, otherwise the product will lose some of its adhesiveness.**

1. Partially tear the paper in the middle (fig. A/mark 1) and pull on both ends until the paper tears (fig. B).
2. Stretch the strip and loosen the paper up to the hatched area (fig. B/mark 2).
3. Apply the strip while stretched to the skin and remove the paper from the ends (fig. C/mark 3).
4. Stick the ends together without stretching them and gently rub the surface (fig. D). The heat from the friction activates the adhesive layer.

### Shoulder and neck

For this application, you will need two strips. The person you are treating should sit down, holding the upper body straight.

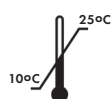
1. Remove the paper on one end of the strip (mark-up 2) and glue the end to the top of the shoulder (fig. E). The strip will point into the direction of the neck.
2. Have the person you are treating bend the head to the opposite side while simultaneously turning the head towards the area you are going to stick the tape on so that stretching in the neck muscles can be felt. Glue on the stretched strip pointing towards the neck (fig. F). Make sure you do not glue the strip onto hairs on the neck. If the strip is too long, cut off the extended end in a rounded off format.
3. Glue down the end of the strip without stretching it. Rub over the surface once again to affix the strip.
4. Position the second strip on the other end as described in steps 1–3 (fig. G).

### 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.

- 📖 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
- REF Catalogue number
- LOT Batch designation
- 🕒 Use by
- 📅 Date of manufacture (year): 2022
- 🏭 Manufacturer
- CE Conform to regulation (EU) 2017/745 on medical devices
- MD Medical device
- 🌡 Temperature limits (recommended article temperature during use)



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