

Directly to taping posture correction

### Main application area

Muscle tension  
Posture correction

### What you need

2 tape strips:  
1 x long tape (blue)  
1 x long tape (pink)  
or both in the same color.

### Duration of application

Up to 7 days

## Back pain

Back pain is one of the most common health problems worldwide and can occur in different parts of the back. They can range from mild to severe pain and have many causes, including muscle tension, posture, injuries, inflammation, osteoarthritis and nerve compression. A healthy back is important for mobility and comfort in everyday life. However, back pain can significantly affect the quality of life and is a common reason for absenteeism.



### Information

#### General information

The back is the back of the human body and is the basic support structure for our entire organism. This important anatomical region extends from the base of the skull to the coccyx and encompasses the entire spine. The spine, in turn, is the central structure of the spine and is divided into several sections, including the cervical spine (neck), the thoracic spine (chest), the lumbar spine (lower back), the sacrum and the coccyx. Although the back has a remarkable stability, it also allows an astonishing range of movements. This flexibility allows us to rotate, bend, lean and maintain an upright posture. In addition, the spine performs a protective function by covering and protecting the spinal cord, a central element of the central nervous system.

#### Causes

Back pain can be caused by a number of factors, including:

- **Muscle tension:** Stress, misalignment or excessive strain can lead to muscle tension in the back.
- **Poor posture:** Poor posture when sitting, standing or lifting heavy objects can lead to back pain.
- **Injuries:** Accidents, falls or sudden movements can lead to spinal injuries and severe pain.
- **Inflammation:** Inflammation of the muscles, tendons or joints in the back can cause chronic pain.
- **Osteoarthritis:** Degenerative changes of the spine can lead to chronic back pain over time.
- **Nerve compression:** Pinched or irritated nerves in the back can cause pain, numbness and tingling.

#### How does K-Active Tape help against back pain?

Effective treatment of back pain begins with a precise diagnosis to identify the underlying cause. Afterwards, targeted measures can be taken to relieve pain, improve the functionality of the back and prevent future complaints. In this context, K-Active Tape can play a valuable supporting role. By applying K-Active Tapes, the back area can be stabilized, which helps to reduce the strain on the affected muscles and joints and promotes the correct alignment of the spine. Despite this stabilizing effect, the tape allows for adequate mobility, which is particularly important to maintain the natural mobility of the back. Another advantage of the K-Active Tape is its ability to positively influence sensory perception by exerting gentle pressure on the skin. This can cause the brain to receive positive signals, which in turn helps to reduce pain stimuli. As a result, many people experience significant relief of their back pain.

## Taping back - Tips



Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying



Do not wear for more than 7 days

## Step by step tape tutorial

Download instruction



→ 1.

Start the tape application with the blue tape strip. Use a gentle cross technique that reaches up to the scapula (shoulder blade) to achieve an erection. Measure the area first.



→ 2.

Place the tape at the base (hip) and pull the release paper to the cut. Do not stick the tape firmly on yet.



→ 3.

Now pull the tape with a slight stretch (25%) from the bottom to the left shoulder and apply it in piecewise.



→ 4.

Attach the tape to the incision.



→ 5.

Apply both ends of the tape forward around the shoulder to give an impulse for external rotation and erection.



→ 6.

This is what the correction technique on the shoulder looks like.



→ 7.

Apply a second strip of pink tape crossed to the first one (25% stretch).



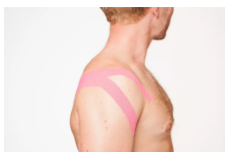
→ 8.

Attach pink tape strips from bottom to top.



→ 9.

Use a second light correction technique around the shoulder as in step 5.



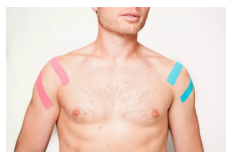
→ 10.

This is what the application looks like on the shoulder.



→ 11.

The posture correction application (back erection) is done.



→ 12.

Completed application from the front.