

Taping rib bruise

K-Active



[Directly to taping rib bruise guide](#)

Main application area

Rib bruise
Rib fracture (after medical approval)

What you need

3 tape strips:
1 x tape (pink) -> approx. 20 - 25 cm
2 x tape (black) -> approx. 15 - 20 cm

Duration of application

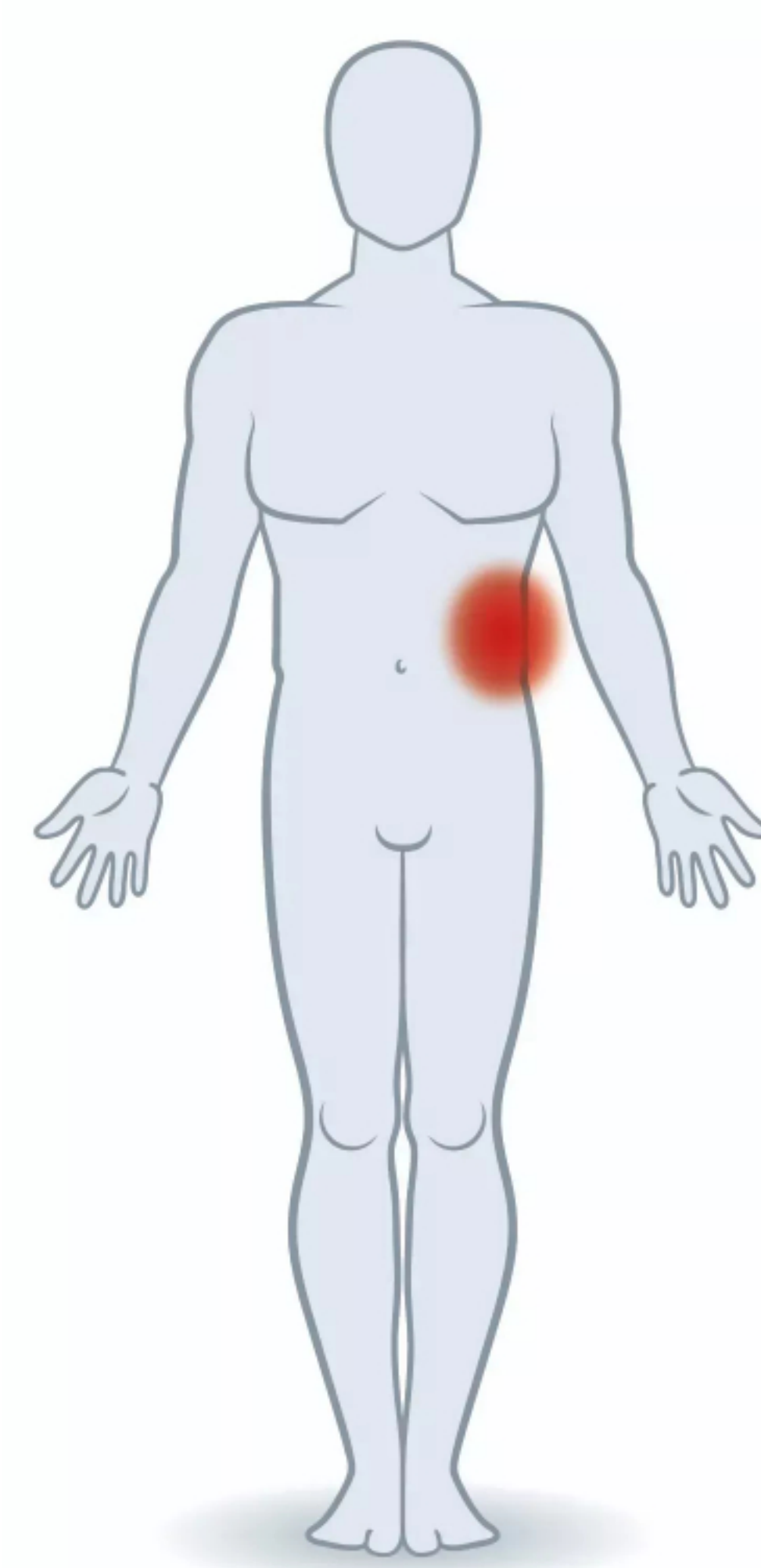
Up to 7 days

* The lengths of the tape strips are approximate and are based on an average height of 170 cm. The required tape lengths may vary depending on the individual height and specific proportions of the user.

Rib pain (rib contusion)

A rib contusion is a common injury in which the soft tissue around the ribs is damaged by a direct blow or pressure. This injury can be caused by sports, accidents or falls. Typical symptoms are severe, stabbing pain in the chest area, which can be aggravated by breathing, coughing or movement. Causes of rib contusions include sudden impacts, bruising or intense physical activity that can lead to overuse of the chest muscles.

The healing process of a rib contusion can take several weeks, with rest and pain management being crucial. Kinesio taping can play a supportive role by increasing the stability of the affected area, relieving pain and promoting healing by improving circulation and lymph flow.



Information

General information on ribs and rib bruise

The ribs are bony structures which, together with the thoracic spine and the sternum, form the rib cage. They play a crucial role in protecting internal organs such as the heart and lungs and support breathing through their mobility. There are a total of twelve pairs of ribs, each of which is connected to the spine by joints.

A **rib contusion** is caused by blunt force trauma that damages the surrounding soft tissue of the ribs without breaking the rib bones themselves. With a rib contusion, it is important to maintain pain management and adequate rest to aid the healing process.

Causes of rib pain

Rib pain can be triggered by various factors that affect the soft tissue and bony structures of the ribs. Here are some of the most common causes:

- **Blunt force trauma:** Direct trauma from blows, falls or car accidents can cause bruising or even fractures of the ribs. Such injuries often lead to immediate pain and swelling.
- **Muscle overload:** Intense physical activity or repetitive movements, such as in certain sports or work, can lead to muscle strains and overuse of the intercostal muscles. This overuse causes pain and can impair breathing.
- **Rib fractures:** A rib fracture is usually caused by strong external impact or chronic strain. Rib fractures cause severe pain, which worsens with movement and breathing.
- **Costochondritis:** This is an inflammation of the cartilage that connects the ribs to the sternum. Costochondritis causes pain in the chest area, which is often described as stabbing and intensifies when pressure is applied to the affected area.
- **Nerve compression:** Pinched or irritated nerves, as in intercostal neuralgia, can cause severe, burning pain that runs along the ribs. This pain is often aggravated by movement or pressure on the affected area.
- **Psychological factors:** Stress and anxiety can cause muscle tension in the chest and back, leading to pain that is sometimes experienced as rib pain.

How does K-Active Tape help with rib pain?

K-Active Tape can be used effectively for rib pain by stabilizing and supporting the affected area. The elastic and self-adhesive properties of the tape relieve pressure on the rib muscles and surrounding tissue, relieving pain and promoting healing. The tape gently lifts the skin, stimulating the sensory receptors and reducing the perception of pain. The tape also improves circulation and lymph flow, reducing swelling and inflammation. The improved proprioception helps to correct incorrect posture and prevent further injuries while maintaining freedom of movement.

Taping rib - Tips



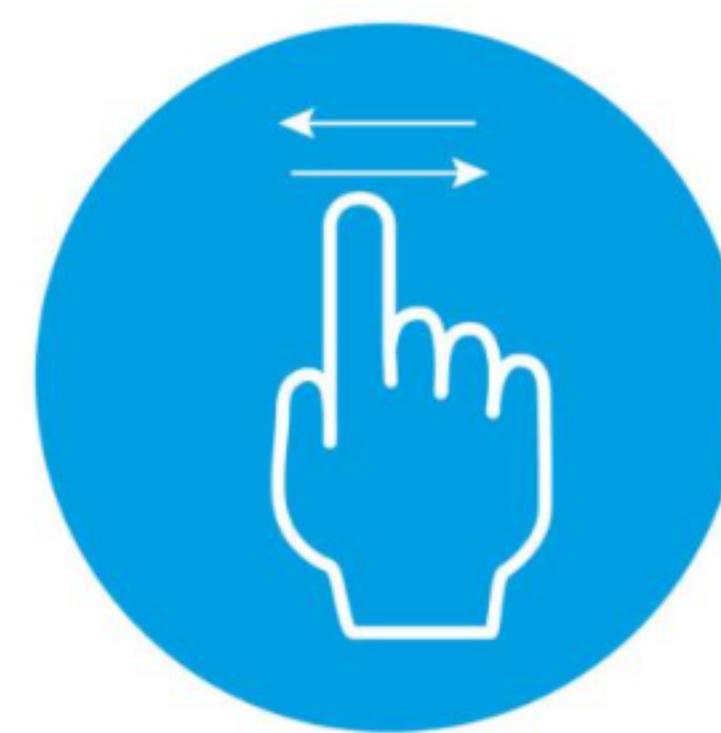
Apply before activity



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.

Measure the length of the tape strip by holding the tape from the back of the ribcage to the front of the ribcage. Tear the release paper in the middle and apply the base of the tape strip **with slight tension (25% stretch)** along the rib.



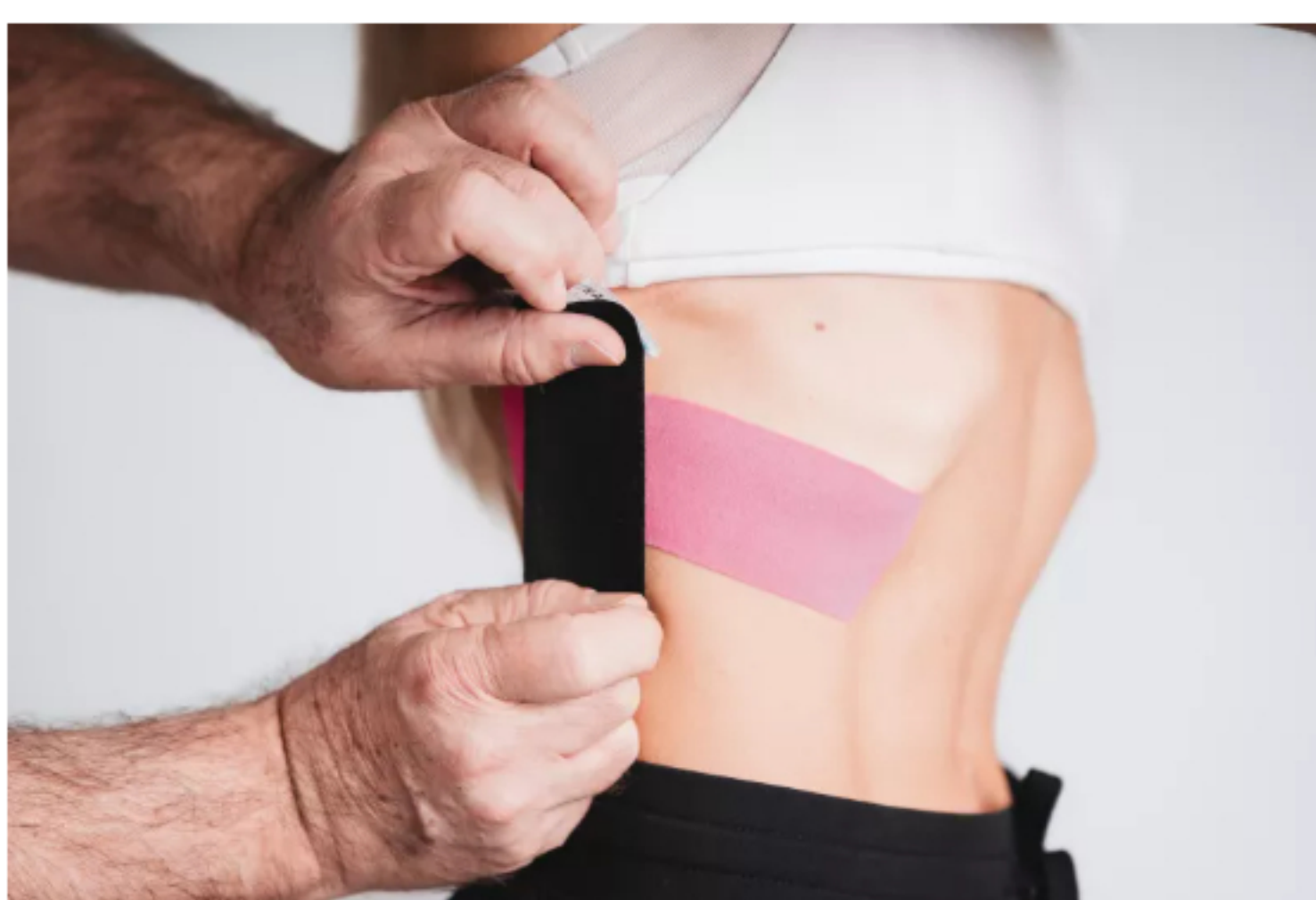
⇒ 2.

Let the ends of the tape run out **without tension (0% stretch)**.



⇒ 3.

Smooth out the tape to activate it.



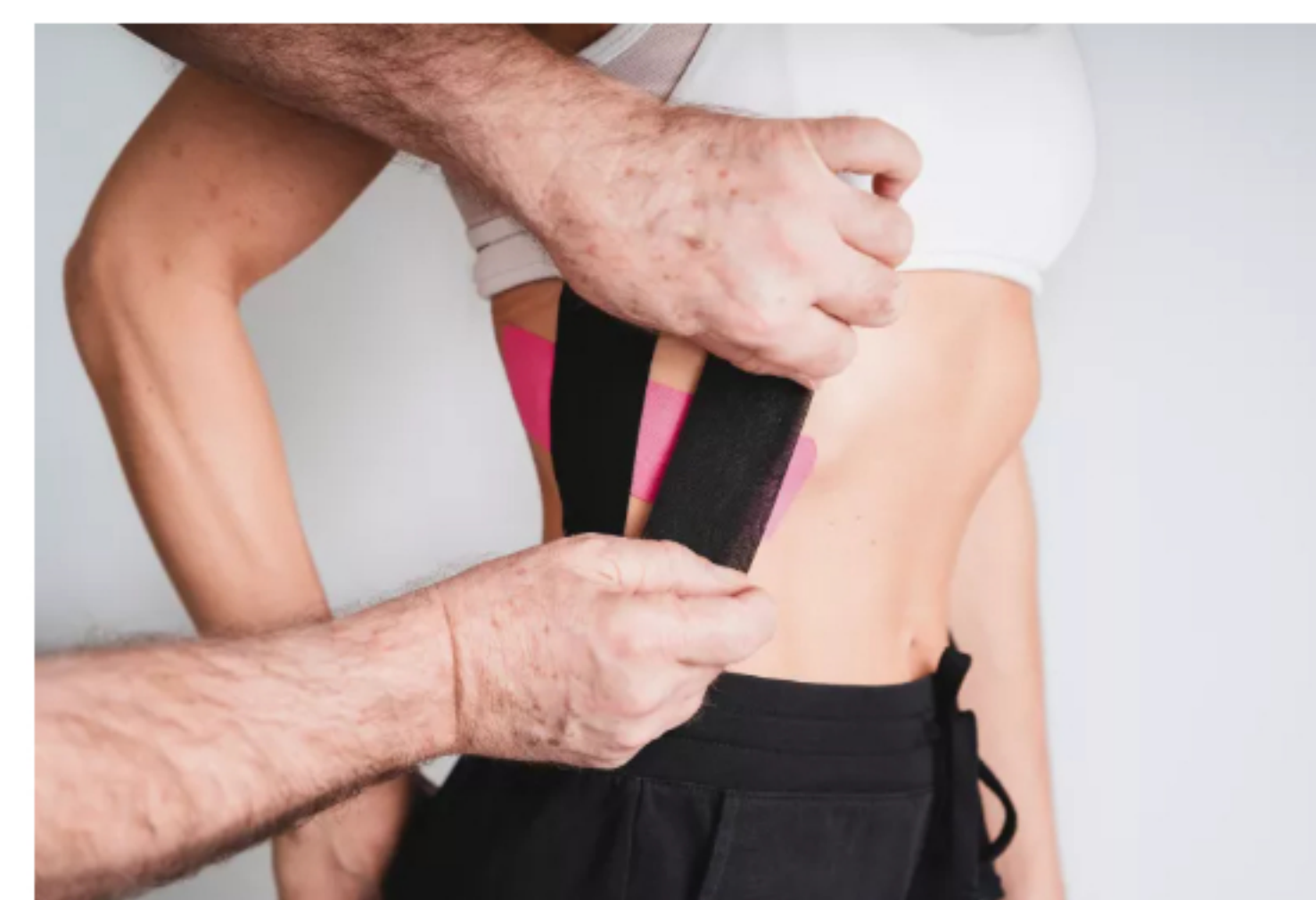
⇒ 4.

Tear the release paper in the middle again and apply the second tape rein, also **with slight tension (25% stretch)**. Let the ends of the tape run out without pulling. The second rein should run across the first strip of tape.



⇒ 5.

Smooth out the tape again to activate it.



⇒ 6.

Now apply the second black tape strip slightly offset.



⇒ 7.

Let the ends run out again **without tension (0% stretch)**.



⇒ 8.

👌 The tape application on the ribs is finished.