Taping lower back

Lumbological system

K-Active

Directly to taping lower back

Main application area
Lumbar spine complaints
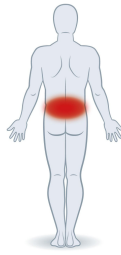Muscle tension

What you need
4 tape strips

1 x y-shaped tape (blue)
3 x tape (pink)

Duration of application
Up to 7 days

Lower back pain

The lower back is a region that causes discomfort and pain in many people. This pain is also known as low back pain or lumbar spine pain and is one of the most common health complaints in the world. About 80% of people experience lower back pain at least once in their lives. These pain can range from pulling, stabbing, or dull pain to severe, limiting pain. They may be limited to the lower back or radiate to other areas of the body, such as the leg (sciatic pain). Accompanying symptoms may include muscle tension, stiffness, numbness or tingling.

Information

General information

The lower back, also known as the lumbar spine or lumbar region, is an important part of the spine. It consists of a total of five lumbar vertebrae, the so-called lumbar vertebrae (L1 to L5). The lower back plays an important role in supporting body weight and maintaining an upright posture. It is particularly prone to stress and injury, as it carries most of the body weight. Furthermore, the lower back enables movements such as bending, turning and bending and thus many daily activities

Causes

Here are some possible causes of lower back pain:

- **Muscle tension and strain**: Common cause of lower back pain, often caused by excessive strain or unfavorable movements.
- **Herniated discs**: As soon as the soft core of a disc protrudes between the vertebrae and presses on nerves, this can cause pain and cause a herniated disc.
- **Osteoarthritis**: Degenerative changes of the spine (arthritis) in old age can cause pain.
- **Incorrect posture and poor ergonomics**: Poor posture, especially during sedentary activity, can lead to chronic lower back pain.
- **Injuries**: Accidents, falls or sports injuries can cause acute back pain.
- **Overweight**: A high body weight can increase the load on the lower back.

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

The K-Active Tape can be used to support back problems in the lower back. It works by adhering to the skin and exerting a slight tensile tension on the skin and the underlying layers of tissue. It provides proprioceptive support, which means that it can improve the body's perception of movement and positioning and thus contribute to the stabilization of the lower back. Furthermore, a tape system on the lower back can improve freedom of movement and support rehabilitation.

Taping lower 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 tutorial

Download instruction

Muscle technique

→ 1.
Measure the length of the blue tape in the bent-over posture (stretching of the structures). Then stick the base in the area of the sacrum (sacrum).

→ 2.
Remove the tape from the release paper on the underside and "tap" it lightly on the back.

→ 3.
Now apply the first rein without tension.

→ 4.
Analogously apply the second rein without tension. Leave the paper at the ends of the tape

→ 5.
Go to basic position (upright) to check the application.

→ 6.
Return to a bent-over position and loosen the ends of the release paper. Apply without tension.

→ 7.
Rub the tape in the middle in all directions.

→ 8.
At the ends – hold the tape with one hand – and rub only in one direction. The other hand fixates on top.

→ 9.
Now rub the top left end of the tape in one direction. The other hand fixes the tape at the bottom.

Ligament technique

→ 10.
Measure the pink tape according to the length and stretch as needed.

→ 11.
Apply the tape in pre-stretch position (muscle technique).

→ 12.
Attach tape ends (anchors) without tension

→ 13.
Check finished application in basic position.

→ 14.
Apply second pink tape strip slightly offset

→ 15.
Now apply the third tape analogously

→ 16.
🙂 The application in completed!