

## Professional Sports Tape

Medium to Firm Compression & Support for Muscles & Joints



### FACT BOX

#### Product Code:

PX401-PX403 - White

PX405 - Beige

PX408, PX411 - Red

PX412, PX415 - Blue

PX417-PX419 - Black

#### Product Category:

Sports Therapy

#### Contents:

1 x 2.5cm x 5m Roll  
(PX412, PX418)

1 x 5cm x 5m Roll  
(PX401, PX405, PX417)

1 x 7.5cm x 5m Roll  
(PX402, PX418)

1 x 10cm x 5m Roll  
(PX403, PX411, PX415, PX419)

#### Precautions:

If any irritation occurs discontinue use. Do not try to treat serious injuries at home. Do not apply tape too tightly. Remove tape if numbness or tingling occurs, and re-apply less tightly. If in doubt about an injury, seek medical advice.

#### Fibre Content:

90% Cotton, 10% Spandex.

The Physiologix Professional Sports Tapes are a strapping tape that are self-adhesive and provide firm support for sports, sprains and strains.

### FEATURES:

- Self-Adhesive: Sticks to itself and skin with medium adhesion
- Elasticated: Stretchy material offers varied compression levels
- Flexible: Provides comfort and freedom of movement

### DIRECTIONS:

1. Use as a compression, support, injury prevention or relieving bandage.
2. Unwind and wrap around affected area.
3. Ideal for ankles, knees and elbows.

#### REST

Avoid weight bearing activity on the injured area in the first 24 to 48 hours of the injury occurring.



#### ICE

Ice the injured area with a cold compress for 15 minutes every 2 to 3 hours.



#### COMPRESS

Compress the injured area with a strapping tape to help limit swelling and movement.



#### ELEVATE

Elevate the injury, resting above heart level and keep supported. This will further help reduce any swelling.



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