



Jiangsu Yizheng Carepro Medical Instruments Co., Ltd

Technical Specification Sheet  
for Cotton Kinesiology Tape

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**Product Name: Cotton Kinesiology Tape (Model#: KinCapro)**

## 1, Application, Features and Usage Method:

### 1.1 Applications

1.1.1 Sports protection: Widely used for the protection/ supporting /binding up in sport. Its main functions are to increase the support force, reinforce the joints, restrict the movement range of the joints /muscles effectively to prevent pulled muscle.

1.1.2 Muscle physiotherapy: Treatment of sports injury, cruciate ligament injury, pulled muscle, shoulder & neck strain and joint sprain, increasing the space between subcutaneous tissue and sarolemma, helping lymph circulation, improving metabolism and the body's natural healing power, relieving soreness and swelling of muscle and traumatism.

### 1.2 Features

1.2.1 Acrylic adhesive with hypoallergenic property.

1.2.2 The surface of tape is covered by non-adhesive grid paper, unwinding easily and any sizes by cutting available.

1.2.3 With good stickiness, contact to skin softly and comfortable, suit to any parts of body, no displacing and slipping.

1.2.4 High Strength: Soft stretch fabric with good tensile strength, the tape can effectively adjust the support force for bound parts of body.

1.2.5 With special S striation or straight grain on the adhesive surface and cotton fabric with good breathable, skin can respire and perspire freely.

1.2.6 With good waterproof and sweat resistance, the tape can be applied in any movement environment.

### 1.3 Usage Method

The detailed information for usage method as Appendix A and Appendix B.

## 2, Product Description

### 2.1 Material

Fabric: 95% cotton + 5% spandex

Glue: Acrylic Henkel Adhesive

Component: 80% Fabric, 20% Adhesive.

Color: Red, Blue, Black, Beige, Rose, Pink, etc.

Prepared By

YM Shi

Inspected By

HX Qian

Approved By

YZ Shi

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## 2.2 Product Standards:

No.	Inspection Items	Acceptable Range	Inspection Apparatus	AQL Level
1	Adhesion to steel(N/inch)	$\geq 2.5$ N/inch	Tensile Strength Machine	2.5
2	Elastic Ratio	1:(1.6 $\pm$ 0.2)	Ruler	2.5
3	Persistent Adhesion(min)	$\geq 60$ minutes	Persistent Adhesion Tester	2.5
4	5m Length	$\geq 5$ m	Tape measure	2.5
5	Full Diameter (mm)	69+/-2mm	Vernier caliper	2.5
6	Width (mm)	25mm width: 25mm+/-1mm	Ruler	4.0
		38mm width: 38mm+/-1mm		
		50mm width: 50mm+/-1mm		
		75mm width: 75mm+/-1mm		
7	Appearance	Clean, no clearly eyewinker	Eye Survey	4.0
8	Inner Paper Core	Clean, no clearly eyewinker	Eye Survey	4.0
	Words/ Pattern	Correct	Eye Survey	0.25

## 2.3 Packaging

### 2.3.1 Normal Packaging A

Item No.	Specification	Inner Packing	Rolls /Box	Box Size (cm)	Rolls /Carton	Carton Size (cm)	N.W./G.W. (kg/ctn)
CPKT0025	2.5cmx5m	8 rolls/ plastic tray	48	34*17.5*18	288	55*36.5*38.5	11.2/ 13.7
CPKT0038	3.8cmX5m	8 rolls/ plastic tray	32	34*17.5*18	192	55*36.5*38.5	11.2/ 13.7
CPKT0050	5cmX5m	8 rolls/ plastic tray	24	34*17.5*18	144	55*36.5*38.5	11.2/ 13.7
CPKT0075	7.5cmX5m	8 rolls/ plastic tray	16	34*17.5*18	96	55*36.5*38.5	11.2/ 13.7

### 2.3.2 Normal Packaging B

Prepared By	YM Shi	Inspected By	HX Qian	Approved By	YZ Shi
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Item No.	Specification	Inner Packing	Rolls /Box	Box Size (cm)	Rolls /Carton	Carton Size (cm)	N.W./G.W. (kg/ctn)
CPKT1025	2.5cmX5m	1 roll/ shrink film	12	14*7*15.5	240	37.5*30.5*34	9.3/ 11.0
CPKT1038	3.8cmX5m	1 roll/ shrink film	8	14*7*15.5	160	37.5*30.5*34	9.3/ 11.0
CPKT1050	5cmX5m	1 roll/ shrink film	6	14*7*15.5	120	37.5*30.5*34	9.3/ 11.0
CPKT1075	7.5cmX5m	1 roll/ shrink film	4	14*7*15.5	80	37.5*30.5*34	9.3/ 11.0

**2.3.3 Sizes could be customized and OEM packing is available.**

## 2.4 Transportation and Warehousing

2.4.1 To avoid causing the damage of inner box and master carton, the products should not be heavy loaded in transportation.

2.4.2 The products should be prevented from damp, fire and pollution, and no contact with poison and harmful items in transportation.

2.4.3 It should be stored in dry and cleaning rooms, and keeping aeration. The temperature in the warehouse should be in 5 °C- 40 °C.

2.4.4 The proposed placing high is no more than 4 layers (master cartons).

## 2.5 Validity: 24 months.

## 2.6 Lot No. and Marking

2.6.1 Lot No.: Lot No. could be marked on inner box and master carton, etc.

Form of Lot No.: YYMMDDABC

Example: 141202101, meaning the products are manufactured with No.101 materials on the 2<sup>nd</sup> of December, 2014.

Validity: 24 months, Example: 2016.02, meaning the expiration date in Feb., 2016.

2.6.2 Marking: CE mark and other labels which match the regulations and laws for Class I medical device could be marked on the inner box and master carton.

Remarking: The Lot No. and labels could be marked as the requirement from the customers.

## 2.7 Attention

2.7.1 The product is widely used for sports protection and muscle physiotherapy, no stick on the wound directly.

2.7.2 The product is a disposable item, no reusable. Please do not use it if the packaging is damaged or affected with damp and mildew.

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YM Shi

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Appendix A:

贴扎案例

Pasting Examples

腰部(米字形)

剪3段30厘米长(视个人情况而定)的贴布,并把边角剪圆。

第一步:从中间撕开#1贴布衬纸(I型),基部固定于第5腰椎棘突位置,两边以自然拉力向髂骨嵴贴上。



第二步:从中间撕开#2贴布衬纸(I型),基部固定于第5腰椎棘突位置,以自然拉力将贴布贴在#1贴布的对角线方向上。



第三步:从中间撕开#3贴布衬纸(I型),基部固定于第5腰椎棘突位置,以自然拉力将贴布贴在#1贴布的反对角线方向上。

腰部

剪3段30厘米长(视个人情况而定)的贴布,并把边角剪圆。

第一步:撕开#1贴布衬纸(I型),基部固定于躯干背侧第12肋骨位置,其余贴布以自然拉力沿腰方肌走向贴至髂骨嵴。



第二步:将#2贴布按照第一步步骤贴在右腰部上。

第三步:从中间撕开#3贴布衬纸(I型),基部固定于第5腰椎棘突位置,两边以自然拉力向髂骨嵴贴上。



肩部

剪2段25厘米长(视个人情况而定)的贴布,并把边角剪圆。

第一步:取#1贴布从中间剪开(Y型),预留约7.5厘米作为固定部份。先将固定部分贴在三角肌头部以下2.5厘米的位置,接着拉伸手臂并横向放于胸前,沿着脊椎肩胛骨的方向将贴布的右小段包围着背部肩关节的方式贴上去。拉伸手臂并放于腰背,将贴布的左小段沿着肱二头肌往锁骨下部肩关节的方向粘贴。



第二步:伸直手臂并向外45°角张开,将#2贴布(I型)的一端约7.5厘米部份粘贴在肩关节骨上部处。继续沿着关节向下粘贴并直接通过三角肌中部。

肘关节(网球肘)

剪1段25厘米和1段15厘米(视个人情况而定)的贴布,并把边角剪圆。

第一步:先握拳,向下弯曲手部,拉伸前臂;将#1贴布25厘米(I型)基部固定于手腕背处,以自然拉力沿腕伸肌群走向贴至肌肉肌腱交接处,尾端贴布以自然拉力包覆腕伸肌群贴至外上髁。



第二步:将#2段贴布15厘米(I型)以中度拉力从外上髁向前臂内侧方向贴上,固定伸腕肌群。



肘关节(高尔夫球肘)

剪1段25厘米和1段15厘米(视个人情况而定)的贴布,并把边角剪圆。

第一步:伸直手臂使手掌向上,握拳并向下以拉伸前臂;将#1贴布25厘米(I型)基部固定于手腕处,尾端以自然拉力沿腕屈肌群外缘朝肱骨内上髁贴上。



第二步:将#2段贴布15厘米(I型)以中度拉力从内上髁向前臂外侧方向贴上。



肘关节(环绕式)

剪1段15厘米长(视个人情况而定)的贴布,并把边角剪圆。

从中间撕开贴布衬纸(I型),基部固定于肘关节处,两边以中度拉力绕着肘关节部位贴上。注意贴布两端固定部份不能拉扯粘贴。



Prepared By

YM Shi

Inspected By

HX Qian

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YZ Shi





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### 颈部

剪1段20厘米长和1段15厘米长（视个人情况而定）的贴布，并把边角剪圆。

第一步：将#1贴布20厘米（Y型）从中间剪开，预留5厘米作为固定部分。先将基部固定于第4胸椎处，接着向前倾斜颈部（向前低头），其余贴布两端沿脊椎两侧贴止。



第二步：将#2贴布15厘米从中间撕开衬纸（I型），贴布中点固定于脊椎上，其余贴布以自然拉力包覆颈部贴止，支撑颈椎。



### 手腕部

剪2段10厘米和1段25厘米长（视个人情况而定）的贴布，并把边角剪圆。

第一步：将#1贴布10厘米两边都从中间剪开（X型），中点固定于腕隧道处，尾端以自然拉力贴止。



第二步：将#2贴布30厘米从中间剪开（Y型），预留5厘米作为固定部份。贴布基部固定于手掌处，尾端贴布以自然拉力沿屈指肌群两侧朝桡骨内上髁贴止。



第三步：从中间撕开#3贴布10厘米（I型）衬纸，手腕自然屈曲，贴布中点固定于手腕背侧处，其余贴布以自然拉力贴止。



### 膝部

剪1段20厘米长和1段15厘米长（视个人情况而定）的贴布，并把边角剪圆。

第一步：取#1贴布20厘米从中间剪开（Y型），预留5厘米作为固定部分。以坐姿自然伸直大腿，贴布基部固定于胫骨粗隆，接着弯曲膝盖到90°并以自然拉力将分支两端朝大腿方向绕髌骨两侧贴止，最后交汇于髌骨上方。



第二步：从中间撕开#2贴布15厘米（I型）的衬纸，贴布基部固定于髌骨下部，以自然拉力分别朝大腿方向绕髌骨两侧贴止，固定髌骨。



### 膝部(环绕式)

剪1段20厘米长（视个人情况而定）的贴布，并把边角剪圆。

弯曲膝盖成90°，从中间撕开贴布衬纸（I型），贴布基部固定于髌骨下部，以自然拉力分别朝大腿方向绕髌骨两侧贴止，固定髌骨。



### 小腿部

剪1段25厘米和2段10厘米长（视个人情况而定）的贴布，并把边角剪圆。

第一步：将#1贴布25厘米（I型）基部固定于足弓底部，尾端以中度拉力沿踝关节贴至外踝上方。



第二步：取#2贴布10厘米从中间剪开（Y型），预留2.5厘米作为固定部份。将基部固定于胫骨前肌疼痛部位，并将贴布两端以自然拉力贴止。



第三步：将#3贴布10厘米（Y型）按照第二步步骤贴止。

### 踝关节

剪1段15厘米、1段25厘米和1段30厘米长（视个人情况而定）的贴布，并把边角剪圆。

第一步：将#1贴布25厘米（I型）基部固定于内踝上方，其余贴布以自然拉力绕贴至足跟底部，当贴布绕行至足跟外侧时，以中度拉力贴至外踝上方。



第二步：将#2贴布30厘米（I型）的一端固定于脚面中部，另一端以自然拉力沿胫骨前肌贴止。



第三步：将#3贴布15厘米（I型）从中间撕开衬纸，基部固定于跟腱上，其余贴布以自然拉力向内外踝方向贴止，提供支撑力。



Prepared By

YM Shi

Inspected By

HX Qian

Approved By

YZ Shi