



COMBATREADY™
P E R F O R M A N C E

TACTICAL BODY TAPE

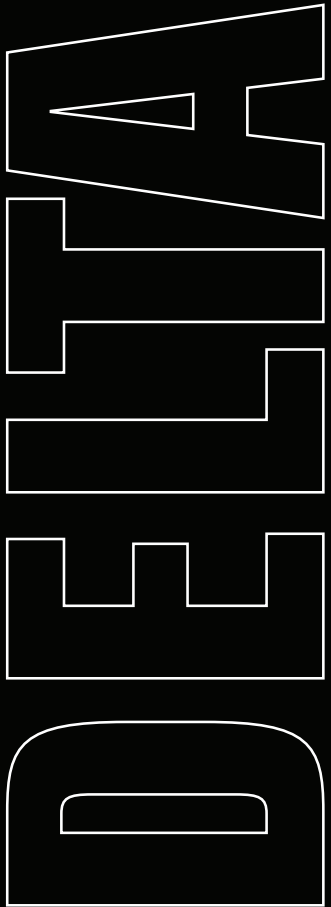
DELTA

**APPLICATION INSTRUCTIONS FOR THE
FOLLOWING LOCATIONS/CONDITIONS:**

**SHOULDER—ROTATOR CUFF, LEFT OR RIGHT
SHOULDER—A.C. JOINT, LEFT OR RIGHT**

NSN: 6510-01-659-8353

STAY^{IN}THE^{THE}FIGHT™



General Application Instructions & Tips

- 1. Clean Skin** – make sure the skin is dry and clean of any dirt, oils, creams, repellents, sunscreens, etc.
- 2. Clipped Hair** – it is highly recommended that hair be trimmed to a clipper setting of 1 or shaved to that approximate length. The tape will not perform as designed when applied to hairy skin, and will also irritate the wearer.
- 3. 1 Hour Lead** – apply the tape to skin at least 1 hour prior to physical activity, sweating, or submersion. This allows time for the adhesive to cure and perform properly. Shortening this cure time degrades the tapes ability to adhere, resulting in a degraded ability for the tape to be worn for multiple days.
- 4. Do Not Touch The Adhesive** – when handling the tape, do not touch the adhesive of the tape with your fingers, as the oils from your hands will inhibit the tape from properly adhering.
- 5. Single Use & Single Placement** – while the tape can be worn for multiple days, it can not be moved or reapplied once it has touched the skin.
- 6. Anchor Points** – when applying the tape, ALWAYS apply the last 1 inch of a strip with NO STRETCH on the tape. This will increase the duration of wear. Failure to comply will result in the tape peeling away from the skin.
- 7. Activating the Adhesive** – after applying the tape, rub the application to create heat from the friction – which activates the adhesive. Rub the tape with two fingers using moderate force. Be careful not to rub back and fourth over the end of the tape strip as this can cause it to peel away before the adhesive has activated.
- 8. Tape On Tape** – the tape is engineered to adhere to skin. While crossing over another strip of tape is fine, be careful to always have the anchor points applied on skin and not applied to another tape strip.
- 9. Duration of Wear** – the tape is designed to be worn for multiple days, through sweating, showering, swimming, and submersion.
- 10. Pat Dry** – when the tape becomes wet, simply pat it dry with a towel. It is made of high-grade cotton and will dry quickly.
- 11. Removing the Tape** – slowly pull the tape from the skin – pulling in the direction of the hair growth – typically from center of the body towards extremities.
- 12. Skin Irritation** – discontinue use if the skin shows signs of irritation.

SHOULDER – ROTATOR CUFF

Required Tactical Body Tape Strips: 1 x 7.5cm x 15cm 2 x 7.5cm x 30cm

NSN: 6510-01-662-1736

NSN: 6510-01-662-1395



1 Before applying the tape, clean the skin of the entire application area with the alcohol swab included in the kit.
Highly recommend that all hair be clipped to a setting of 1.



2 Apply the short 3 inch wide strip – Tearing the paper backing in the middle of the strip.
Apply the strip with 40% STRETCH across the shoulder, just below the bony area/top of deltoid/across Supraspinatus.
Rub the tape to activate the adhesive.



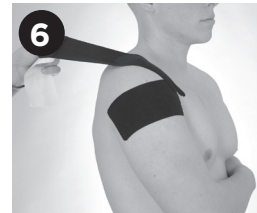
3 Place the arm behind the back and turn the head away from the shoulder.



4 Apply a 3 inch wide strip – Tearing the paper backing approx 2 inches from one end.
Starting just before the armpit, anchor one end of the tape, with NO STRETCH on the anchor.



5 Apply the strip with 80% STRETCH to the top of the shoulder/Trapezius.



6 Place the arm across the stomach, just under the chest, grabbing the armpit of the other side.



7 Apply the remainder of the strip with an 80% STRETCH down the back, angling towards the spine.
Rub the tape to activate the adhesive.



8 Apply a 3 inch wide strip - Tearing the paper backing approx 2 inches from one end.
Starting slightly farther down the chest and towards the central chest, anchor one end of the tape, with NO STRETCH on the anchor.



9 Apply the strip with 80% STRETCH across the top of the shoulder and straight down the back/covering the Infraspinatus and Tres Major.
Apply the anchor with NO STRETCH.



10 Rub all of the applied tape to activate the adhesive.



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STAY^{IN}THE FIGHT™

SHOULDER – AC JOINT

Required Tactical Body Tape Strips: 1 x 7.5cm x 15cm 2 x

7.5cm x 30cm

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Before applying the tape, clean the skin of the entire application area with the alcohol swab included in the kit.

Highly recommend that all hair be clipped to a setting of 1.



Apply the short 3 inch wide strip – Tearing the paper backing in the middle of the strip.

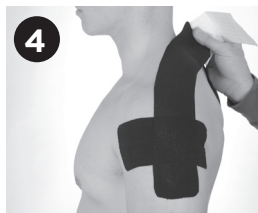
Apply the strip with 40% STRETCH across the shoulder, just below the bony area/top of deltoid/across Supraspinatus. Apply the anchors with NO STRETCH.

Rub the tape to activate the adhesive.



Apply a 3 inch wide strip – Tearing the paper backing approx 2 inches from one end.

Starting halfway down the upper arm/Lower Deltoid, anchor one end of the tape, with NO STRETCH on the anchor.

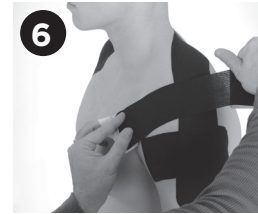


Apply the strip with 80% STRETCH to the top of the shoulder/Trapezius and behind the neck, with NO STRETCH on the anchor.

Rub the tape to activate the adhesive.



Place the arm behind the back and turn the head away from the shoulder.



Apply a 3 inch wide strip – Tearing the paper backing approx 2 inches from one end.

Starting just before the armpit, anchor one end of the tape, with NO STRETCH on the anchor.

Apply the strip with 80% STRETCH to the top of the shoulder/Trapezius.

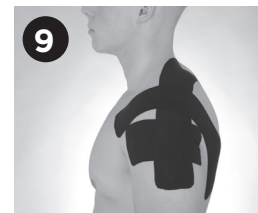


Place the arm across the stomach, just under the chest, grabbing the armpit of the other side.



Apply the remainder of the strip with 80% STRETCH across the top of the shoulder and straight down the back/covering the Infraspinatus and Tres Major.

Apply the anchor with NO STRETCH.



Rub all of the applied tape to activate the adhesive.



DETAILED