



COMBATREADY™
P E R F O R M A N C E

TACTICAL BODY TAPE

ECHO

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

EDEMA

BRUISING

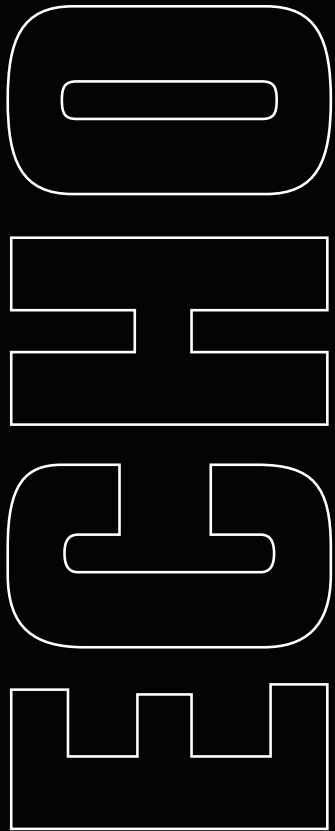
SWELLING

NSN: 6510-01-659-8349

STAY^{IN}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.



EDEMA

EDEMA 10cm x 30cm

Required Tactical Body Tape Strips: 2 x

10cm x 30cm



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

Begin by tearing the paper backing across all of the "tape tails" where they meet the anchor end.

Apply a 4 inch wide Edema strip – by tearing the paper backing in the middle of the anchor strip end.

Apply the strip with NO STRETCH above the bruised/swollen area, with NO STRETCH on the anchors.



3

Stretch the muscle(s) where the bruising/swelling is present.

Apply the center most tail with NO STRETCH, by removing the paper backing as the tail is applied.



4

Working from the center most tail – out – apply each tail leaving approx. 1/4" to 1/2" between each tape piece.

Apply each tail with NO STRETCH on the tape.



5

It is okay to have the tails overlap or crisscross to avoid an open skin wound, joint, etc, however be careful to ensure every tail ends with approx. 1 inch of tape directly on skin.



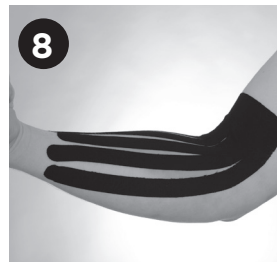
6

Apply each tail with NO STRETCH on the tape.



7

Rub all of the applied tape to activate the adhesive.



8

When the muscle(s) are shortened or returned to normal resting length, the tape should show waves/wrinkles.

That is a desired effect, as it is evidence of maximum skin lifting performance, which will result in quickest reduction in bruising/swelling/edema.