

NASARA®

Original Kinesiology Tape



Recommended by
the German Olympic Sports
Confederation (DOSB)



Recommended by
the German Academy of
Applied Sports Medicine (DAASM)





F

irst in Korea Introduce
and distribute Kinesiology
taping therapy.

NASARA gave attention to the theory Dr. Kase Kenzo's' invention, the kinesiology tape and its excellent effects and convenience.

Then NASARA started introducing and distributing Kinesiology tape since 1996 in Korea for the first time. NASARA has led the Korean market of the kinesiology tape, and distribute the kinesiology tape to Europe, North America, Latin America in present.



Try hard to advertise
and distribute Kinesiology
tape.

NASARA continuously held seminar and support doctors, pharmacists, sports trainer and therapist to develop and distribute Kinesiology tape in Korea. Also we advertise our product through media to the people.



Do our best for localization and popularization of Kinesiology Tape.

NASARA developed domestic brand of kinesiology tape. NASARA set the reasonable price and got closer to the public. And NASARA started to export kinesiology tape to Europe, North America and Latin America.





PRODUCT

Description

This product is a safe medical tape made of elastic, vented high-quality raw material anatomically & it is to provide excellent comfort, immobilization & stabilization while it is to prevent some acquired disease from its second treatment around the skin. It is also made of durable, breathable padded material for maximum wear & comfort.

○ Width 5cm x Length 5m

10 colors :

Beige, Blue, Pink, Black, Orange, Red, Yellow, White, Lavender, Green.

Total number of 1 carton is 120 rolls.

1 Carton contains 20 small boxes

1 Small box contains 6 rolls.

Packed in 1 roll in a Paper pack or an Acryl case.



○ Width 2.5cm x Length 5m

10 colors : Beige, Blue, Pink, Black,
Orange, Red, Yellow, White,
Lavender, Green .

Total number of 1 carton is 240 rolls.
1 Carton contains 20 small boxes.
1 Small box contains 12 rolls.
Packed in 2 rolls in an Acryl case.



○ Width 7.5cm x Length 5m

10 colors : Beige, Blue, Pink, Black,
Orange, Red, Yellow, White,
Lavender, Green.

Total number of 1 carton is 80 rolls
1 Carton contains 8 small boxes
1 Small box contains 10 rolls.
Packed in 1 rolls in an Acryl case.



○ Width 5cm x Length 32m

10 colors : Beige, Blue, Pink, Black,
Orange, Red, Yellow, White,
Lavender, Green.

Total number of 1 carton is 20 rolls.

1 Carton contains 20 small boxes.

Packed in 1 rolls in a small box.



Example of Tennis Elbow

1. Stretch forearm with the palm facing down and anchor a "Y" strip on the back of wrist.
2. With the arm extended and the wrist fully bent downwards.
3. Apply both legs of the strip apart along the muscle line a little over elbow.
4. But both ends of the legs to meet at the tip as shown.



1. Stretch forearm and turn it slightly inward.
2. Apply one end of the tape on the outside of the elbow.
3. Slowly turn the arm outward.
4. Apply the tape around the forearm anti-clockwise toward the wrist as shown.



Example of Golf Elbow

1. While stretching arm with palm facing up.
2. Bend the wrist backwards and anchor a "Y" strip on the palm a little over the wrist.
3. While fully bending the wrist backward with the forearm stretched forwards.
4. Apply both legs apart along the muscle line over the inside elbow.
5. But the ends of both legs are to meet at the tip as shown.



1. Stretch forearm and turn it slightly outward.
2. Apply one end of the tape on the inside elbow.
3. Slowly turn the arm inward and apply the tape around the arm clockwise toward the wrist as shown.



Example of Ankle Pain

1. Put firmly one end of the tape below the kneecap.
2. While slightly bending the knee with the ankle stretched downward.
3. Apply the tape down over the shin in the middle of arch at the bottom of foot as shown.



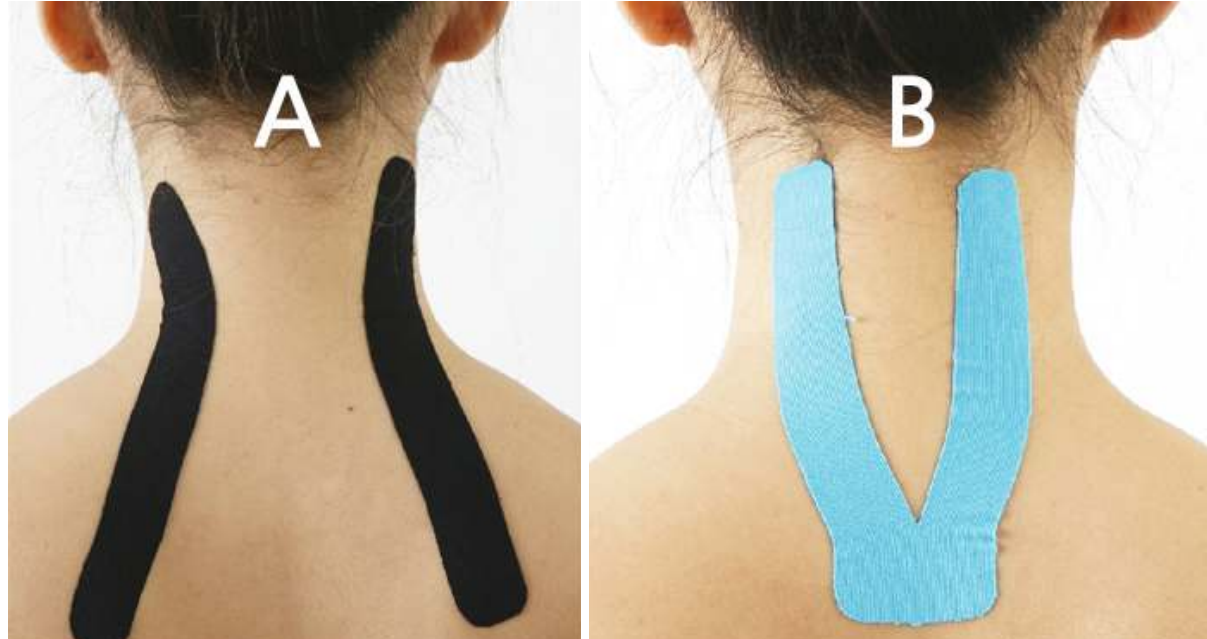
1. For additional support, while fully pulling the ankle backward.
2. Apply one end of the tape in the middle of arch on the sole.
3. And wrap across the instep toward the back of ankle (Achilles' heel).
4. Continue applying the tape across Achilles' heel.
5. And over the instep down to the outside arch on the sole.
6. And overlap the other end of the tape in the inside arch on the sole as shown.



Example of Neck Pain

A

1. Tilt head slightly in the opposite direction of applying the tape.
2. And put one end of the tape on behind ear.
3. Apply tape along the muscle down to the shoulder blades while stretching the neck forward as shown.



B

1. Slightly lower head and anchor a "Y" strip at the center of the upper spine abreast with the shoulder blade.
2. Stretch the neck as much as possible
3. And apply the legs of the tape along both sides of the neck as shown.

1. Turn the neck in opposite direction of the affected area and anchor a "Y" strip behind ear.
2. Smooth down one leg of the strip toward the collarbone.
3. The other leg of the strip is applied down toward sternal rib while turning the neck slowly to center as shown.



Example of Waist Pain

1. While bending forward at the waist.
2. Apply the tape vertically upward in 2 rows along vertebral while one end of the tape
3. be pressed down at pelvis as shown.
4. With the waist fully bent forward.
5. Apply the tape criss-cross in the shape of letter "X" over the point of pain as shown.



1. Anchor a "Y" strip at pelvis.
2. With the waist fully bent forward, apply the tape upwardly toward 12th vertebra.
3. Apply the tape on the other side of the waist in the same manner as shown.



Example of Shoulder Pain

1. With arm naturally fallen down, anchor a Y strip just above the deltoid muscle.
2. After tilting head to the opposite direction of taping.
3. Apply both legs of the "Y" strip apart along the muscle line as shown.



1. With arm at side, anchor a Y strip right on the end of the deltoid muscle.
2. With the arm bent backward, apply one leg of a "Y" strip along the frontal line of the deltoid.
3. With the arm resting on the opposite shoulder,
4. apply the other leg of a "Y" strip along the back line of the deltoid as shown.



Example of Knee Pain

1. With the leg stretched, anchor a "Y" strip on the upper thigh as shown.
2. With the knee fully bent, apply both legs of the tape wrapping around the kneecap as shown.



1. With the knee fully bent, anchor a "Y" strip below the knee.
2. While keeping the same posture, slightly stretch both legs of the strip and apply the legs to wrap around the kneecap as shown.



Example of Leg & Sole Pain

1. With the knee bent, anchor a "Y" strip on the heel of the sole.
2. With toes pointing up to stretch the calf muscle.
3. Apply both legs of the strip upward along the sides of the calf muscle as shown.



1. For added support, apply the middle section of another tape a little below the calf.
2. And wrap around the calf with both ends as shown.



Example of Leg & Sole Pai

- n** With the knee bent, anchor a finger-shaped tape on the heel of the sole as shown.
1. With the knee bent, anchor a finger-shaped tape on the heel of the sole as shown.
 2. With the toes fully pulled backwards.
 3. Apply the tails of the tape toward toes slightly apart between the tails as shown.



Shapes of Tape

1. The roll of tape can be scissored out to the various shapes required to fit for the size + shape of the muscles to tape on.
2. Also, wider tapes can be cut to the desired width before taping.



< "I" shape >



< "Y" shape >



< "X" shape >



< "Finger" shape >



NASARA Original KINESIOLOGY Tape
sport and Therapy

**SUPERB PERFORMANCE IN
THERAPEUTIC TREATMENT**

TAPING THERAPY FOR PAIN RELIEF



FEATURES OF KINESIOLOGY TAPE

- Similar elasticity to skin and muscles.
- Ventilation for skin breathing.
- Excellent adhesive durability.

EFFECTS OF KINESIOLOGY TAPE

- Increase the body natural healing power.
- Reduce muscle fatigue and recover muscle function.
- Prevent muscle and joint injury.
- Improve blood, lymph and fluid circulation.
- Reduce neurology pain.

TAPING TIPS

- Do not stretch the tape when applying.
- After shower with tape on, do not rub water off but dry with clean towel.
- After applying the tape for 2 – 3 days, tape again after a day open.
- After use, do not jerk the tape off.
- Slowly take it off while pressing down the skin lightly.



TENNIS ELBOW



Stretch forearm w/ the palm facing down and anchor a "Y" strip on the back of wrist. With the arm extended and the wrist fully bent downwards, apply both legs of the strip apart along the muscle line a little over elbow but both ends of the legs to meet at the tip as shown.



Stretch forearm and turn it slightly inward. Apply one end of the tape on the outside of the elbow. Slowly turn the arm outward and apply the tape around the forearm anti-clockwise toward the wrist as shown.

GOLF ELBOW



While stretching arm w/ palm facing up, bend the wrist backwards and anchor a "Y" strip on the palm a little over the wrist. While fully bending the wrist backward with the forearm stretched forwards, apply both legs apart along the muscle line over the inside elbow but the ends of both legs are to meet at the tip as shown.

GOLF ELBOW



Stretch forearm and turn it slightly outward. Apply one end of the tape on the inside elbow. Slowly turn the arm inward and apply the tape around the arm clockwise toward the wrist as shown.

ANKLE PAIN



Put firmly one end of the tape below the kneecap. While slightly bending the knee with the ankle stretched downward, apply the tape down over the shin in the middle of arch at the bottom of foot as shown.



For additional support, while fully pulling the ankle backward, apply one end of the tape in the middle of arch on the sole and wrap across the instep toward the back of ankle (Achilles heel). Continue applying the tape across Achilles' heel and over the instep down to the outside arch on the sole and overlap the other end of the tape in the inside arch on the sole as shown.

NECK PAIN



[A] Tilt head slightly in the opposite direction of applying the tape on and put one end of the tape on behind ear.

Apply tape along the muscle down to the shoulder blades as shown while stretching the neck forward as shown.

[B] Slightly lower head and anchor a "Y" strip at the center of the upper spine abreast w/ the shoulder blade.

Stretch the neck as much as possible and apply the legs of the tape along both sides of the neck as shown.



Turn the neck in opposite direction of the affected area and anchor a "Y" strip behind ear. Smooth down one leg of the strip toward the collarbone. The other leg of the strip is applied down toward sternal rib while turning the neck slowly to center as shown.

WAIST PAIN



While bending forward at the waist, apply the tape vertically upward in 2 rows along vertebral while one end of the tape be pressed down at pelvis as shown. With the waist fully bent forward, apply the tape criss-cross in the shape of letter "X" over the point of pain as shown.

WAIST PAIN



Anchor a "Y" strip at pelvis. With the waist fully bent forward, apply the tape upwardly toward 12th vertebrae. Apply the tape on the other side of the waist in the same manner as shown.

SHOULDER PAIN



With arm naturally fallen down, anchor a Y strip just above the deltoid muscle. After tilting head to the opposite direction of taping, apply both legs of the "Y" strip apart along the muscle line as shown.



With arm at side, anchor a Y strip right on the end of the deltoid muscle. With the arm bent backward, apply one leg of a "Y" strip along the frontal line of the deltoid. With the arm resting on the opposite shoulder, apply the other leg of a "Y" strip along the back line of the deltoid as shown.

LEG&SOLE PAIN



With the knee bent, anchor a "Y" strip on the heel of the sole. With toes pointing up to stretch the calf muscle, apply both legs of the strip upward along the sides of the calf muscle as shown.



For added support, apply the middle section of another tape a little below the calf and wrap around the calf with both ends as shown.



With the knee bent, anchor a finger-shaped tape on the heel of the sole as shown. With the toes fully pulled backwards, apply the tails of the tape toward toes slightly apart between the tails as shown.

KNEE PAIN



With the leg stretched, anchor a "Y" strip on the upper thigh as shown. With the knee fully bent, apply both legs of the tape wrapping around the kneecap as shown.



With the knee fully bent, anchor a "Y" strip below the kneecap. While keeping the same posture, slightly stretch both legs of the strip and apply the legs to wrap around the kneecap as shown.

Shapes of Tapes

The roll of tape can be scissored out to the various shapes required to fit for the size + shape of the muscles to tape on. Also, wider tapes can be cut to the desired width before taping.



"I" shape "Y" shape "X" shape "Finger" shape

NASARA Original KINESIOLOGY Taping Therapy

Use and Indication : Pain-relief, Muscle and Arthropathy support, Remedial treatment

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