

Go stronger, longer

ROCKTAPE

CANINE

CANINE APPLICATION GUIDE

www.rocktape.com.au



Tear across the backing paper approx. 5cm-10cm from the end of the tape. Longer/slick coats may benefit from a 10cm anchor base or an adhesive spray.



Remove the backing paper and this will create an anchor base.



Apply the anchor base without any stretch.



Gently peel the backing paper away from a section of the tape.



Apply a small amount of stretch as you lay the tape on. For some applications, the dog's body may be in a lengthened position, therefore requiring less stretch on the tape.



Apply long pieces of tape in short sections. Rub the tape vigorously in the direction of the coat, generating heat to activate the adhesive.



Do not apply any stretch to the final 5cm-10cm of anchor base.

Dogs come in all shapes and sizes.

Therefore 5cm or 10cm width Rocktape may be most appropriate. For small dogs cut 5cm tape lengthways to create 2.5cm widths



ANCHOR



Apply an anchor piece across each end of long tape applications if required to limit lifting of the tape.

TRAPEZIUS



1. Apply tape using up to 50% stretch from behind the shoulder up towards the neck (cranial component).
2. Apply tape using up to 50% stretch from the front of the shoulder towards the spine (thoracic component).

CERVICAL



1. Use 2 x 5cm or 10cm cut into a "Y". Start at the withers and apply without stretch towards the head whilst the dog's head is in extension.
2. Apply an anchor tape across the ends if required.

LONGISSIMUS DORSI SUPPORT



1. Apply tape on each side of the spine from shoulders to iliac bones using up to 25% stretch.
2. Apply an anchor tape across the ends as required.

DISC BULGE



1. Apply four pieces in a star pattern using 50% stretch over the area of pain / disc bulge.
2. Apply an anchor tape across the ends as required.

KNEE SUPPORT



1. Apply tape using 50% stretch across the knee joint.
2. Cut tape into a "Y" shape. Apply the base over the knee and lay the tails up either side of the leg.

SACRO-ILIAC SUPPORT



1. Apply tape in an "X" pattern using 50% stretch over the sacrum.
2. Apply an anchor tape across the ends as required.

BACK PAIN



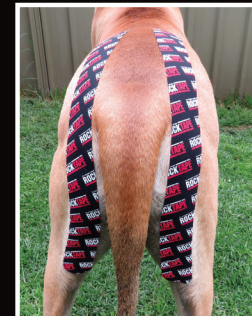
1. Use 2x 5cm tape (or 10cm tape cut into an "X"). Start behind the shoulder blades and end at the dock of the tail. Use 50% stretch in the mid section of the tape.
2. Apply an anchor tape across the ends if required.

CORE



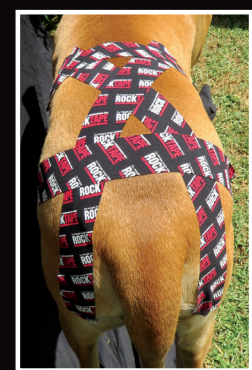
1. Apply from one side of the abdomen across the midline and extend upwards towards the last rib, using up to 25% stretch. Repeat on the other side.
2. Apply an anchor tape across the ends if required.

HIND END WEAKNESS/ REAR LEG PAIN



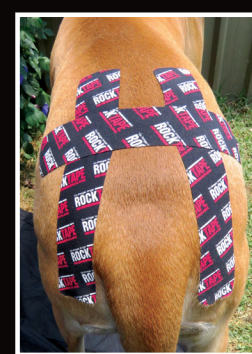
1. Apply two pieces of tape without stretch from in front of the iliac bones, finishing just inferior to the knee.
2. Apply an anchor tape across the ends as required.

DEGENERATIVE MYELOPATHY



1. Apply tape without stretch across the lumbar spine extending to the ischium on the opposite side, forming an "X" pattern.
2. Apply two decompression strips using 50% stretch, one across the pelvis and one across the thoracolumbar region.

LUMBOSACRAL WITH DECOMPRESSION



1. Apply tape on either side of the spine from the start of the gluteals, ending at the dock of the tail. Use up to 50% stretch.
2. Apply a decompression tape across the area of most pain using 50% stretch (eg. lumbosacral junction).

HIP PAIN/INSTABILITY



1. Cut tape into a "Y" shape. Apply the base above the knee and apply the tails either side of the hip joint with no stretch.
2. Apply tape over the pelvis covering both iliums using 50% stretch.

SHOULDER



1. Cut tape into a "Y" shape. Lay base over mid shoulder and apply tails with 10% stretch to the upper foreleg.
2. Apply a decompression tape across the area of most pain using 50% stretch (eg point of shoulder).

INFLAMMATION



1. Cut tape into a "jellyfish" pattern. Apply the uncut base without stretch and then apply each tentacle with up to 50% stretch over the area of inflammation.
2. Apply a second piece across the first to create a "lattice" pattern.

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