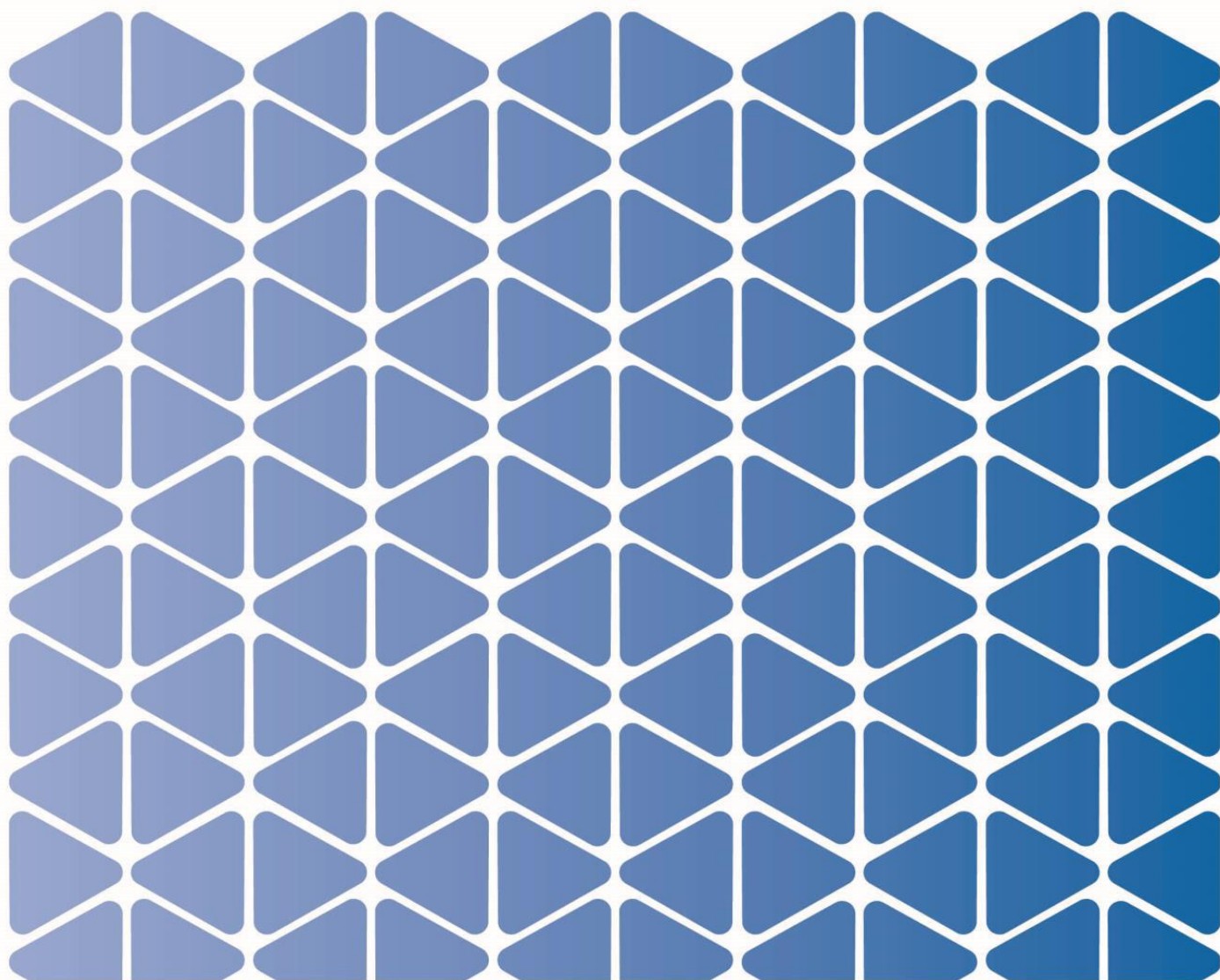


PATIENT INFORMATION

TAPING



Your Physiotherapist thinks taping or strapping may be beneficial to your condition. This leaflet is designed to help you decide if you want to have tape applied.

Please read this information and ask your physiotherapist if there is anything that you do not understand.

TAPING

Taping or strapping may be beneficial to your condition by helping to:

- Reduce pain
- Reduce swelling, inflammation and bruising
- Reduce or relieve muscle spasms and cramps
- Reduce stress on overused muscles
- Support a joint or postural position
- Improve sensory awareness of movement patterns, limbs or muscles

It is important to follow the information in this leaflet and advice from your physiotherapist regarding the use of tape and length of time to be worn to prevent side effects.

There are two main types of taping your physiotherapist may use. Each type has different benefits and may be applied in different ways. Taping is often used in combination with other physiotherapy treatments e.g. exercise.

KINESIOLOGY® TAPING

This tape is thin and stretchy allowing reinforcement of joint stability without restricting your movement. The aim of the tape is to optimise the natural blood and lymph flow to the muscles. It is commonly used to assist reduction in pain whilst continuing to allow functional use of your muscles and joints. The tape used is latex free and can be worn up to 3 days at a time. It takes 20-30 minutes to gain full adhesive strength when initially applied to the skin therefore avoid any exercises or activities that increase perspiration until after this time. The tape is waterproof and breathable therefore you may shower or bath with the tape on but afterwards pat dry only.

KINESIOLOGY® TAPE PRECAUTIONS

- Gently remove tape from skin in the direction of hair growth
- The tape adhesive is **HEAT** activated therefore no heat source should be used e.g. showers, hot water soak to remove tape, as this may result in adhesive setting and tissue damage, apply baby oil to help dissolve the adhesive for easy removal.
- If you experience worsening of your symptoms or irritation from the tape, remove the tape immediately, and then wash the area to remove the residual adhesive. If the tape has resulted in skin irritation and on starting to remove the tape it feels firmly adhered and causes significant pain, **STOP** removal of tape and seek medical review immediately.

ZINC OXIDE TAPING

This tape is non-stretch rayon or cotton tape with a zinc oxide adhesive which increases the time it can be worn. It is used to protect wounds, provide stability or decreases the forces on a joint or muscle. It is often a flesh coloured tape and is used with a base layer tape for skin protection. Your physiotherapist will advise you on the length of tape and application process. It cannot be left on for more than 24 hours.

ZINC OXIDE TAPE PRECAUTIONS

- If the area is not shaved a protection layer will be used
- Tape should be applied to a dry clean skin area
- The tape should be smooth with no wrinkles to prevent discomfort or blistering
- Once the tape is applied you will need to check the skin remains a normal colour in the area and has full sensation. If the skin becomes very pale, bluish or the sensation feels less as you rub the area you must remove the tape immediately
- Gently remove tape from skin in the direction of hair growth
- You may find adhesive tape remover allows easier removal of the tape
- If you experience worsening of your symptoms or irritation from the tape, remove the tape immediately

If you experience any adverse effects from the tape you should seek medical advice. These may include skin irritation, redness, swelling, abrasions, blistering. Also inform your physiotherapist via phone or at your next appointment. For further information contact the physiotherapist at:

Physiotherapy Department
Aconbury West
Worcestershire Royal Hospital
Charles Hastings Way
Worcester
WR5 1DD
Tel: 01905 760187

Physiotherapy Department
Alexandra Hospital
Woodrow Drive
Redditch
B98 7UB
Tel: 01527 512114

Physiotherapy Department
Kidderminster Hospital
Bewdley Road
Kidderminster
Tel: 01562 513066

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.