

Six-Dimensional Method[®]
6D TAPE

Active

Six Dimensional

Handle Tape

Patent pending

6D Tape Instruction Manual

The 6D Tape Handle Tape

The 6D Tape with handles is designed for physiotherapy, lymphatic drainage, scar-, fascia- and massage treatments as well as self-administered care. 6D Tape handles are designed to mobilize the tissue in 6 dimensions.

Material

The base material is unique and skin friendly kinesiology tape. The 6D Tape is made

of 98% cotton. The base material is elastic, with 135% – 170% stretch ability. The handle material is non-elastic. The material including the handles is breathable and water resistant.

Adhesive

The acrylic adhesive is strong, hypoallergenic, and latex-free.

Watch our instruction video:

<https://6dtape.com/how-to-use/>

The 6D Tape Method

1 Check

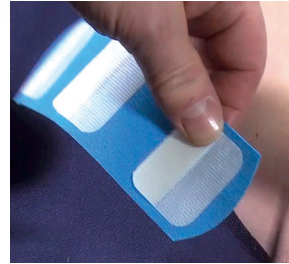
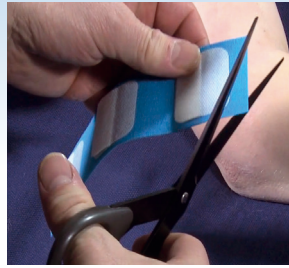
Always clean the skin, remove the hair and make sure that the skin is dry before applying the 6D Tape to the desired area. Use disinfectant or skin cleanser if possible. By following these steps, the best adhesion will be obtained.

To reduce possible skin irritation from shaving the hair, we recommend shaving the hair the day before applying the tape if possible.



2 Cut

Cut the needed amount of 6D Tape and round the edges on both ends of the tape. Rounding the edges reduces the premature loosening of the tape from the skin, that can happen especially when getting dressed or undressed. You can use a length of tape from one handle to several handles depending on the area of treatment. A common tape length for taping has 3–5 handles. Place the middle handles over the area where the most effect is wanted. You may also cut the tape narrower to a desired width to get suitable pieces for example for facial treatments. See sample tapings in <https://6dtape.com/how-to-use/>



3 Tape

Remove the backing paper carefully and do not touch the adhesion. **Do not stretch the 6D Tape.** If you have to stretch it, the recommended stretching is from 0% – 15%. If you do stretch, remember not to stretch the anchors i.e. the ends of the tape. Apply the 6D Tape to the desired area starting from the middle and hold the other end with the help of backing paper. Repeat for the other end of the tape. Rub the tape gently but firmly from the middle towards the end to ensure strong hold on the skin. Do not start the treatment immediately since the bond reaches its maximum strength in about 15 minutes. 6D Taping should be applied at least 30 minutes prior to engaging in sports. You may combine the principles of other taping methods if you are experienced or trained in such techniques.





4 6D Activate

The 6D Tape is activated six-dimensionally by mobilizing the tissue in different directions, for example lifting, twisting, spinning, stretching and pushing. You can activate the tape with one hand or two hands simultaneously. We recommend activating the tape for 5 to 15 minutes. To achieve the best results, activate the tape with 3 – 4 hours intervals. The more you activate the tape, the better the results will be. The treatment intensity can vary from mild to strong but it should never cause pain nor any irritation or

unwanted symptoms. The treatment should not be so intense that the tape comes off.

If the tape is coming off the skin, please make sure that all guidelines regarding cleaning, hair removal and adhesion activation time have been followed. See different activation examples at <https://6dtape.com/6dmethod/>

6D Tape and the handles are water-resistant.

You can shower and swim with the tape on.

Do not rub the area with the tape with a towel when drying but rather pat it dry.

5 Removal of the 6D Tape

We recommend keeping the 6D Tape on the skin from 3 to 10 days. The tape might remain in place longer or shorter depending on the intensity and quantity of mobilization. Once the tape starts coming off the skin, it won't adhere again. When removing the tape, warm the tape by firmly rubbing it and peel it off gently to prevent pain. See the video on how to use and remove 6D Tape in <https://6dtape.com/how-to-use/>



Attention

Stop using the tape immediately if any symptoms such as itching or irritation occur. The stretching of the tape while applying it is one of the most common causes for skin irritation or other negative skin reactions. Do not apply to injured or irritated skin, or to a wound. Do not use the tape for any other purposes than its intended

use. The ideal tape application temperature range is 20 – 30°C / 68 – 86°F. Store at 5 – 30°C / 41 – 86°F, do not expose to direct sunlight. For single use only. Keep out of reach of children. The colour of the tapes may be different from the picture on the package.