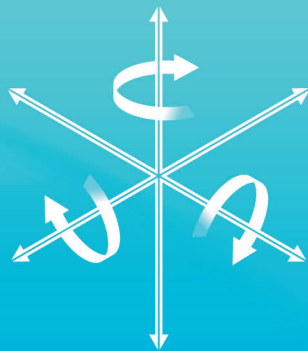


Six-Dimensional Activation
6D TAPE®

Small handles – great benefits!



*Six-Dimensional
Activation*

Active
6D
tape with
mobilization
handles

for
**knee
treatments**

Self-care package for knee arthrosis, pain and swelling. Includes instructions and precut 6D Tape strips for two 3–10 days knee treatments



Patented

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6D Tape self-care package

Active six-dimensional 6D Tape with mobilization handles for treating knee arthrosis, pain, and swelling

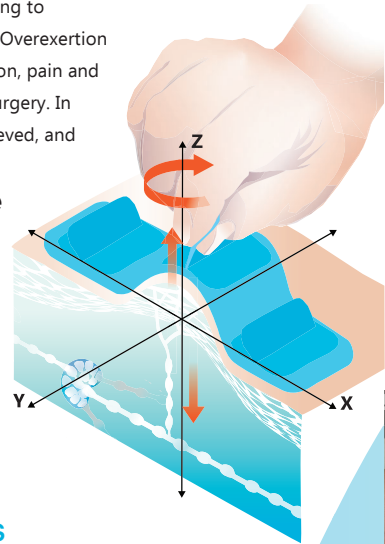
The 6D Tape Method for knee treatments

Knee arthrosis, pain, and swelling

Knee arthrosis is a painful, non-inflammatory and degenerative disease of the knee joint arising from wear and deterioration of the joint cartilage. It is a major cause of serious disability for many people and can make it challenging to perform many everyday activities, such as walking or climbing stairs. Overexertion at work or in sports is a common cause of knee arthrosis, inflammation, pain and swelling. These knee symptoms can also be caused by a trauma or surgery. In general, the faster the swelling is reduced, the sooner the pain is relieved, and recovery takes place.

Six-dimensional mobilization of the tissue with 6D Tape

6D Tape handles are designed to aid the user to mobilize the tissue in 6 directions. The six directions are to the front, side and up, or in the directions of the x-, y- and z-axes, plus rotations around each axis. The mobilization of the tissue has a positive effect on the lymphatic system, blood flow, fascia, scar tissue, muscles and joints. Activation of the tissue up and down with the 6D handles improves the metabolism and fluid flow in the tissue.



Taping and treatment instructions

1. Shave the hair and clean the skin in the taping areas as shown in Picture Series 1.
2. Start cutting the release liner by stretching the tape slightly as shown in the Picture Series 2. Proceed to cut the release liner by stretching the tape. Remove the release liner carefully, however, leave both ends of the release liner unremoved in order to be able to place the tape onto the skin without touching the adhesive. Do not stretch the 6D Tape. If you must stretch it, then it is recommended to only stretch it 0–15%. If you do stretch the tape, remember not to stretch the anchors, i.e. the ends of the tape. Attach the 6D Tape to the desired area starting from the middle and hold the end of the tape with the help of the release liner. Avoid wrinkles. Finally remove the release liner from the end of the tape. Repeat for the other end of the tape. Rub the tape gently but firmly from the middle towards the ends. Increase the rubbing pressure slightly in every rub to ensure a strong hold on the skin.



Picture Series 1. Shaving the hair and cleaning the skin before taping.



Picture Series 2. Cut the release liner by stretching the tape slightly between the handles.



Picture 3a. Applying a two-handled strip of 6D Tape in the clavicle bone area (supraclavicular fossa).

3. Apply a two-handled strip of 6D Tape always to area of the left clavicle bone (collarbone) regardless of which knee you are treating. Place the tape so that the clavicle bone is between the handles or both handles are above the clavicle bone as shown in Picture 3a. Keep the head a normal position looking straight forward. Don't turn the head or stretch any muscles.

a) Tape the upper handle above the clavicle bone first and then tape the lower handle. Rub the tape gently but firmly from the middle towards the ends to ensure a strong hold on the skin.

b) Apply a two-handled strip of 6D Tape to the groin area above the knee being treated as shown in Picture 3b.

c) Tape both sides of the knee with three-handled strips as shown in Picture Series 3c. Keep the knee slightly bent in a natural position. Place the middle handle above the painful area of the knee joint. With the help of the release liner, attach both ends of the tape. Remember not to stretch the tape, and not to touch the adhesive with your hands.



Picture 3b. Applying a two-handled strip of 6D Tape to the groin area above the knee under treatment.



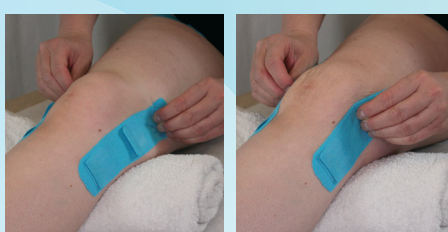
Picture Series 3c. Taping both sides of the knee. Applying a three-handled strip to the medial side (pictures above) and to the lateral side (pictures below) of the knee.



Note: Do not start the treatment right away, since the adhesive of the tape reaches its maximum adhesion for treatments 15 minutes after the tape is attached. The 6D Tape with handles should be attached to the skin for a minimum of 30 minutes before doing sports.



Picture series 4a. Activating the area above the left clavicle bone (left supraclavicular fossa) and the groin area above the knee under treatment.



Picture series 4b. Activating the knee area starting from the upper handles moving to the lower handles (pictures above) and continuing in the reverse order from the lower handles towards the upper handles (pictures below right).



4. a) Treatment: First activate the area above the left clavicle bone, that is left supraclavicular fossa, by pulling and pushing the handles 15–30 times or for about a minute. Repeat the same procedure in the groin area. See Picture Series 4a.

b) Continue the activation by pulling, pushing and twisting with the handles in the knee area for 5–10 minutes as shown in Picture Series 4b. Start activation with the upper handles, continue with the middle handles, and finish with the lower handles. Repeat the activation in the reverse order, i.e. from the lower handles towards the upper handles. Finish the treatment with 15–30 activation pulses in the groin area followed by the same procedure in the supraclavicular fossa area above the clavicle bone. Repeat the activation every 3–4 hours.



c) Removing 6D Tape: The recommended period the tape should remain on the skin is a duration of 3–10 days. The time that the adhesive of the tape holds may depend on the number and intensity of the treatment sessions. When the tape starts to come off, it can no longer be reattached to the skin. When removing the tape, first warm it up by rubbing it gently and then carefully roll the tape off along the skin to avoid skin irritation.



View 6D Tape taping example videos at: www.6dtape.com

6D Tape Inc. products are designed for physiotherapy, lymphatic drainage therapy, scar, fascia and massage treatments as well as for self-care.

Adhesive

The acrylic adhesive used in the 6D Tape with handles is strong and hypoallergenic. It does not contain latex.

Material

The base material of 6D Tape is a unique and skin friendly kinesiology tape. 6D Tape is made of 98% cotton. The base material is elastic. The handle material is non-elastic. The material including the handles is breathable and water-resistant.

Attention

Do not use in case of acute infection, deep vein thrombosis and cancerous tumors undergoing treatment. Discontinue the use of the 6D 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 of 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 color of the tapes may be different from the picture on the package. Remember to drink enough water, because the 6D Tape treatment increases lymphatic drainage in the body.



Patented, 6D Tape is a trademark of 6D Tape Inc.

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USA: FDA Class 1, 510(K) Exempt, Product code KGX, Regulation # 21 CRF 880.5240, Listing # D442239

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