

Six-Dimensional Activation  
**6D TAPE®**

Small handles – great benefits!



*Six-Dimensional  
Activation*

Active  
**6D**  
tape with  
mobilization  
handles



Patented

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For treating  
**tennis  
elbow and  
golfer's elbow**

Self-care package for tennis elbow and golfer's elbow. Includes instructions and precut 6D Tape strips for two 3-10-day treatments.

6D Tape self-care package

# Active six-dimensional 6D Tape with mobilization handles for treating tennis elbow and golfer's elbow

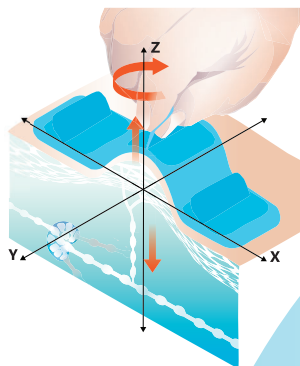
## The 6D Tape Method for tennis elbow and golfer's elbow

### What are tennis elbow and golfer's elbow?

Tennis elbow is a condition in which the outer part of the elbow becomes painful and tender. Tennis elbow is also known as lateral epicondylitis. Golfer's elbow is a similar condition that affects the inside of the elbow. The pain may extend into the back of the forearm. The grip strength may also be weak. These repetitive strain injury conditions may be caused by tasks in various work environments.

### 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 backing paper by stretching the tape slightly as shown in the Picture Series 2. Proceed to cut the backing paper by stretching the tape. Remove the backing paper carefully, however, leave both ends of the backing paper in place 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 backing paper. Avoid wrinkles. Finally remove the backing paper 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 backing paper by stretching the tape slightly between the handles.



**Picture 3a.** Applying a two-handed strip of 6D Tape in the clavicle bone area.



**3.** Apply the two-handed strip of 6D Tape to the area of the clavicle bone (collarbone) above the elbow under treatment. Place the tape so that the clavicle bone is between the handles or both handles are above the clavicle bone. Keep the head in 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 as shown in Picture Series 3a. Rub the tape gently but firmly from the middle towards the ends to ensure a strong hold on the skin.

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

**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 3b).** Taping the medial side of the elbow (images on the left) and the lateral side (images on the right).

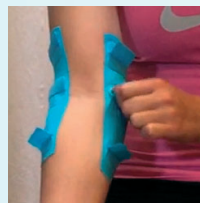


**4. a) Treatment:** First activate the area above the clavicle bone, that is supraclavicular fossa, by pulling and pushing the handles gently 15–30 times or for about a minute.

**b)** Continue the activation by pulling, pushing and twisting with the handles in the elbow area for 5–10 minutes as shown in Picture Series 4. Start activation with the upper handles, continue with the middle handles, and finish with the lower handles. Continue 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 area above the clavicle bone. Repeat the activation every 3–4 hours.

**Picture Series 4. Activating the supraclavicular fossa above the clavicle bone, picture above right. Activating the lateral side of the elbow, upper picture series, and the medial side lower picture series.**

**Start activation with the upper handles, continue with the middle handles, and finish with the lower handles. Continue the activation in the reverse order, i.e. from the lower handles towards the upper handles.**



**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.

**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 unique and skin friendly kinesiology tape. The 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. Stretching 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 in 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.

View 6D Tape taping example videos at: [www.6dtape.com](http://www.6dtape.com)

**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 CFR 880.5240, Listing # D442239

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