

# Supporting better Health and Performance

## Application Chart for Patches, Tape and Gels

● **Help prevent and relieve pain in muscles, tendons and joints. Apply gel over surrounding area to enhance benefit.**

● **Key points of application on muscles to help improve power and performance**

**Arm and elbow** Apply on area of muscle tension or pain. For tendon injury or pain apply along tendon. Apply gel or lotion over area for additional relief

**Fore arm and wrist** Apply on motor point at centre of forearm and wherever there is pain or tension. Apply gel or lotion from wrist to mid forearm.

**Quadriceps and ITB.** Apply patches in centre of each quad muscle and on any point of tension. For tight ITB, often recognised by outside hip or knee pain, apply on hip, knee and along ITB. Apply gel along ITB

**Knee.** Apply 2 patches on muscles 10cm above top of kneecap, then 2-3 patches on area of pain. For swelling or pain behind kneecap apply patches on soft spot, either side of kneecap



**For strong relief use X30 Power Tape. Use Titan tape for large areas, or to support joints or tendons**



**Use in conjunction with Aqua Gold gels or lotion for enhanced benefit**

**Headache.** Apply on temple and forehead. For migraines rub e-Water lotion over entire forehead & temple. To help prevent recurrence of tension or migraines try an X50 Necklace.



**Neck and shoulder.** Apply 3-4 patches or a strip of tape on and around area of tension and pain. Apply additional patches as required if the pain moves down the arm. Apply Relax Gel over entire area of discomfort. For ongoing issues try a Phiten Rakuwa Necklace

**Headache / Neck.** Apply 2-3 patches on and around area of tension or pain. For pain travelling up neck apply addition patch under shoulder blade. Apply gel or lotion over entire area

**Back.** Apply patches either side of spine where ever there is tension, pain, or movement is inhibited. Apply gel liberally. For pain or tension radiating outwards apply laterally. For sciatic pain apply additional patches around buttock and outer thigh.

**Elbow.** Apply one or two patches on point of pain and one or two on forearm. Apply gel.

**Thumb.** Apply 1-2 patches on points of pain and one or two on forearm. Apply gel on thumb and wrist



**For ongoing relief and prevention of pain use Aquatitan supports, necklaces or bracelets.**



**Titan roller to help relieve tension & pain, improve circulation and lymphatic flow.**

**Ankle / Foot.** Apply 2-3 patches on areas of joint pain and one on lower calf. For arch apply 2 patches. For toe apply 1-2 patches on point of pain and one at front of ankle.

**Behind knee.** Apply a patch either side of the crease line at back of knee. Apply gel on muscles around area.

**Calf.** Apply 2-3 patches on calf to relieve tension, pain or cramps. Apply before strenuous exercise to help prevent tightness or cramping. Apply gel over entire muscle for added benefit

**Achilles tendon.** Apply a patch either side of tendon and two on calf muscle. **Ankle.** Apply patches on and around points of pain and also on Achilles and calf. **Heel** Apply on point of pain and under arch.

### Power Tape Application

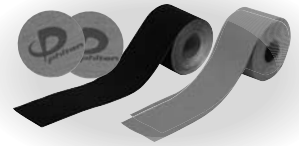
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Applying it on the area of concerns

Phiten's body care tapes

# Practical titanium taping to "Relax" your body



Quick and easy care with Titanium Tape on the area of concern and discomfort!

<p><b>LOWER BACK</b> For those concerned with the lower back.</p> <p>① ① ②</p> <p>First, prepare the tape about 4 scale lines x 3pcs (about 20cm in length)</p>	<p><b>SCAPULA</b> For those concerned with the shoulders.</p> <p>① ②</p>	<p><b>BEHIND EARLOBE</b> For those who use PC often.</p> <p>①</p>
<p><b>How to Apply</b> ① Apply them on the right and left side along the lumbar spine while stretching the tapes. ② Apply another tape horizontally at the height of navel.</p>	<p><b>How to Apply</b> ① Apply it along the left scapula. ② Apply another tape along the right scapula in the same way as for left side.</p>	<p><b>How to Apply</b> Apply it on the hollows behind the earlobe.</p>
<p>For daily life  Or for long distance drivers For those who often carry heavy loads.</p>	<p>For daily life  Or for those with frequent movements of fingers and arms For those who frequently use PC</p>	<p>For daily life  Or for desk workers For those who frequently use PC</p>
<p>Sports  Golf Baseball Tennis Table Tennis Badminton</p>	<p>Sports  Baseball Tennis Basketball Volleyball</p>	<p>Sports  Golf Baseball Tennis Table Tennis Badminton</p>
<p><b>KNEE</b> For those who feel discomfort when bending knees</p> <p>Front Back</p> <p>① ②</p> <p><b>Point!</b> Be careful not to cover the kneecap with the tape</p>	<p><b>SOLE OF THE FOOT</b> For overlaboring or fatigued feet</p> <p>① ② ③</p>	<p><b>BELLY &amp; BACK</b> For supporting the balance of the body</p> <p>Belly Back</p> <p>① ②</p>
<p><b>How to Apply</b> ① Apply it starting from under the knee → inside of the knee → back of the knee → the front of the thigh. ② Apply another tape in reverse way.</p>	<p><b>How to Apply</b> ① Apply on the area where you feel comfortable when you push the center of the arch of the foot. ② Apply on the hill under the thumb. ③ Apply on the center of the heel.</p>	<p><b>How to Apply</b> ① Apply on the area one fist lower from the navel. ② Apply on the little higher area than the belt line.</p>
<p>For daily life  Or for those who have difficulty at standing For those who feel discomfort at stepping up and down stairs.</p>	<p>For daily life  Or for fatigue from long-hour standing For those with frequent fieldworks.</p>	<p>For daily life  Or for long distance drivers For those who often carry heavy loads.</p>
<p>Sports  Track and Field Soccer Basketball Volleyball</p>	<p>Sports  Track and Field Soccer Judo</p>	<p>Sports  Track and Field Golf Tennis Baseball Volleyball</p>