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Rev. 5, Effective: January 2015  
Patterson Medical, Inc.  
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**Rolyan® Knee and Shoulder Taping Kit:**  
A840-001

**INDICATIONS**

- For use with patellofemoral taping methods to help reduce knee pain
- For use with shoulder taping methods

**PRECAUTIONS**

- This product is to be fitted initially by a healthcare professional who is familiar with the purpose for which it is prescribed. The healthcare professional is responsible for providing wearing instructions and precautions to other healthcare practitioners, care providers involved in the patient's care, and the patient.
- This product contains natural rubber latex which may cause allergic reactions in some individuals.
- If unusual swelling, skin discoloration or discomfort occurs, use should be discontinued and a healthcare professional consulted.
- Be careful that the tape is not so tight that it interferes with circulation.
- The components of this kit are for external use only.

**CARE AND CLEANING**

To remove surface soil, wipe with a damp cloth.

**INSTRUCTIONS FOR USE**

The Rolyan Knee and Shoulder Training Kit includes the following components:

- 1 roll Omnifix dressing tape (white)
  - 1 roll rigid strapping tape (brown)
  - 25 skin preparation wipes
  - 25 adhesive remover wipes
- To minimize irritation, the skin in the taped area should be shaved at least 6 hours before applying the tape. The tape will not stick to skin that has cream on it.

**SKIN PREPARATION WIPES**

Wash area of application with mild soap, rinse, and dry thoroughly. Apply skin preparation wipe and allow to dry until a tough protective coating forms that is bonded to the skin.

**ADHESIVE REMOVER WIPES**

Apply wet wipe directly to the edge of the tape while gently pulling until the tape is completely separated from the skin. Use the wipe to remove any residue. Wash skin with mild soap and water to complete cleaning.

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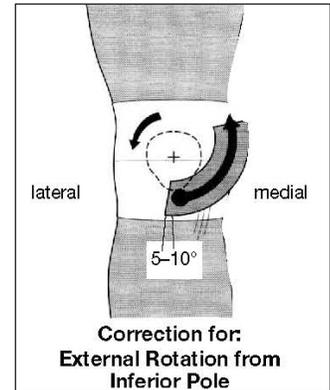
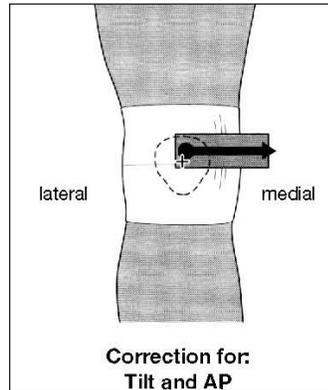
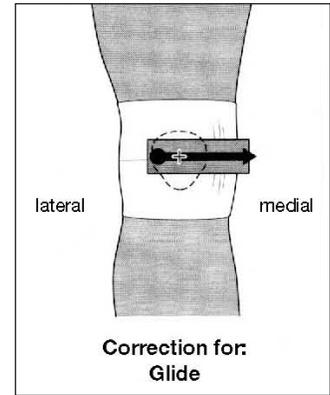
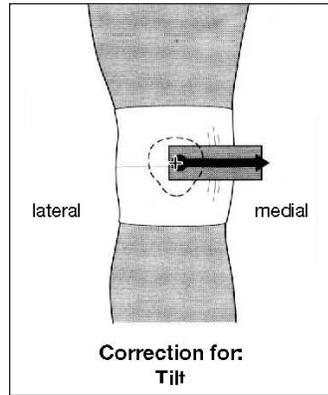
### APPLYING THE TAPE

1. Apply skin preparation wipe generously over the area to be taped, with special attention to the sides of the area.
2. Apply the white Omnifix dressing tape.
3. Apply the brown rigid strapping tape.
4. Suggested knee taping instructions are shown at right. Apply the tape with a slight bend (0 to 5 degrees) in the knee.

### REMOVING THE TAPE

1. Peel the tape back on itself while gently pulling the skin away from the tape. If necessary, use an adhesive remover wipe along the edge of the tape.
2. Clean the skin thoroughly with the adhesive remover.
3. Condition the skin with lotion after removing the tape at the end of the day.

### Taping the knee (shown on right knee)



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