

What is Dynamic Tape®?

Dynamic Tape is a revolution in biomechanical taping. It is designed to:

Manage load. Manage movement patterns. Manage function.

The aims and therefore the properties of the tape are completely different to kinesiology tapes and rigid athletic tapes. Very strong elastic resistance and recoil combined with 200% stretch and 4-way stretch allow taping in a way that can resist and decelerate, store energy and then assist motion without limiting range of movement essential for athletic performance or ADLs.

As illustrated below, Dynamic Tape is capable of generating 10-15kg of resistance through range with only a small amount of stretch on the tape. Kinesiology tapes only register significant resistance when they reach the rigid endpoint at maximum stretch. Originally developed to provide solutions in sports medicine, it is now becoming an essential tool for clinicians of all disciplines.



2 x 7.5cm (15cm) strips of Dynamic Tape

3 x 5cm (15cm) strips of kinesiology tape

	Dynamic Tape	Kinesiology Tapes	Rigid Athletic Tapes
Material	Nylon/Lycra or Recycled PET/Lycra	Cotton or Lycra	Rayon/Cotton & may contain natural rubber latex
% Elongation	> 200%	140-180%	Nil
Rigid end point	No	Yes	Yes
Resistance and recoil	Strong (double layer measured at 10-15 kg)	Weak	Nil
Direction of stretch	Longitudinal and transverse	Longitudinal only	Nil
Application position	Shortened	Lengthened (generally)	Neutral/corrected/shortened
Primary mode of action	Mechanical - deceleration, load absorption and assistance of movement	Neurophysiological	Mechanical - restrictive
Secondary mode of action	Neurophysiological	Mechanical - resistive/restrictive with weak recoil and rigid end point	Neurophysiological

Fundamentals of Biomechanical Taping

Biomechanical Taping is based on sound clinical reasoning incorporating the large evidence base on the influence of load and kinematics on pathology, physiology, function and performance.

Vector summation dictates that if some of the required force can be contributed externally by the tape, the workload on the structures of the body must be reduced.

In order to achieve this the technique must satisfy three fundamental criteria:

- 1. Cross a joint or joints**
- 2. Be applied with the joint or musculotendinous unit in the shortened position**
- 3. Have good purchase on the lever that is to be influenced**

If we do not extend our tape over a joint we cannot mechanically affect motion at that joint. If we apply the tape with the joint or muscle on stretch it is like bungee jumping with a rope the same length as the jumper is high. There is no opportunity to stretch and to provide a deceleration force during lengthening and an assistance during the shortening stage. Applications often just move soft tissue around so particular techniques are employed to ensure that we have good hold of the lever and can genuinely influence motion of that lever. Emerging research is demonstrating the importance of these aspects in achieving changes in peak range, reductions in velocity, changes in position and in muscle activity.

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