



Chatt-Tape

Hypoallergenic Kinesiology Tape

Chatt-Tape is a hypoallergenic adhesive tape made of a very high quality cotton. The ventilation in Chatt-Tape allows the skin to breathe, prevents moisture build-up, and helps to avoid rashes. The elasticity of the tape is designed to allow optimal fit on any part of the body without restriction in range of motion. A mild heat sensitive acrylic adhesive is used to prevent skin irritation and avoid unnecessary tension to the skin.

This non-medicated tape can be used on appropriate parts of the body to enhance the blood & lymphatic fluid circulation leading to better natural healing and recuperation of the soft tissue. It is also suggested that applying the tape on the skin in a specific way can alter recruitment and contraction of the muscle.¹

Chatt-Tape is registered as a medical aid Class 1, it meets the strictest quality requirements, is safe to use and does not contain any latex.



The main functions of Chatt-Tape are:

1. Supporting muscles¹
2. Removing congestion to the flow of body fluids³
3. Correcting joint problems & improving proprioception^{4,5,6}
4. Relieving musculoskeletal pain^{1,2,3,4}
5. Improving skin structure



Part Number	Color	Width	Length	Quantity
5001	Beige 	5 cm	5 m	1 box with 12 rolls
5002	Blue 	5 cm	5 m	1 box with 12 rolls
5003	Black 	5 cm	5 m	1 box with 12 rolls
5004	Pink 	5 cm	5 m	1 box with 12 rolls

References:

1. Anandkumar S et al. Efficacy of kinesio taping on isokinetic quadriceps torque in knee osteoarthritis: a double blinded randomized controlled study. *Physiother Theory Pract.* 2014 Aug;30(6):375-83.
2. Lim EC et al. Kinesio taping in musculoskeletal pain and disability that lasts for more than 4 weeks: is it time to peel off the tape and throw it out with the sweat? A systematic review with meta-analysis focused on pain and also methods of tape application. *Br J Sports Med.* 2015 Jan 16. doi: 10.1136/bjsports-2014-094151. [Epub ahead of print]
3. Homayouni K et al. Comparison between kinesio taping and physiotherapy in the treatment of de Quervain's disease. *J. Musculoskelet. Res.* 2013;16(4). DOI: 10.1142/S021895771350019X
4. Cho HY et al. Kinesio taping improves pain, range of motion, and proprioception in older patients with knee osteoarthritis: a randomized controlled trial. *Am J Phys Med Rehabil.* 2015 Mar;94(3):192-200.
5. Burfeind SM et al. Randomized Control Trial Investigating the Effects of Kinesiology Tape on Shoulder Proprioception. *J Sport Rehabil.* 2015 Jul 13. [Epub ahead of print].
6. Hosp S et al. A pilot study of the effect of Kinesiology tape on knee proprioception after physical activity in healthy women. *J Sci Med Sport.* 2015 Nov;18(6):709-13.

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MOTION IS MEDICINE™