

Zinc Oxide Tape

Firm Compression & Support
for Muscles & Joints



FACT BOX

Product Code:

PX501-PX503, PX520 - White

PX506-PX508, PX523 - Beige

Product Category:

Sports Therapy

Contents:

1 x 2.5cm x 10m Roll
(PX501 & PX506)

1 x 3.8cm x 10m Roll
(PX520 & PX523)

1 x 5cm x 10m Roll
(PX502 & PX507)

1 x 7.5cm x 10m Roll
(PX503 & PX508)

Precautions:

Precautions: If any irritation occurs discontinue use. Do not try to treat serious injuries without medical advice. Do not apply tape too tightly. Remove tape if numbness or tingling occurs, and re-apply less tightly. If in doubt about an injury, seek medical advice.

Fibre Content:

100% Cotton,
Zinc Oxide Adhesive.

Physiologix Zinc Oxide Tape is a heavy duty, ultra-strong, tearable tape, offering excellent performance for taping applications. Ideal for compression, support & fixation uses.

FEATURES:

- Rigid Material: Supports joints by providing firm compression and limiting movement.
- Highly Adhesive: Designed to stay intact for sustained periods.
- Easy To Use: Tears without the need for scissors.

DIRECTIONS:

1. Use as a compression, support, injury prevention or relieving bandage.
2. Unwind and wrap firmly around the affected area.
3. Ideal for fingers, thumbs and toes.

REST

Avoid weight bearing activity on the injured area in the first 24 to 48 hours of the injury occurring.



ICE

Ice the injured area with a cold compress for 15 minutes every 2 to 3 hours.



COMPRESS

Compress the injured area with a strapping tape to help limit swelling and movement.



ELEVATE

Elevate the injury, resting above heart level and keep supported. This will further help reduce any swelling.

