



# PosturePals® & DynamicTape® Product Guide



**Highly elastic • Hypoallergenic • Breathable • Water resistant**



# Product Guide



Available Exclusively through Patterson Medical



## Shoulder offload

- Rotator Cuff Pathology
- A-C joint subluxation or degeneration
- Upper limb neural tissue sensitisation
- Acute G-H dislocations



## Patellofemoral Joint

- Patellofemoral Pain Syndrome
- Patellofemoral Instability
- Fat Pad Syndrome
- Patellar Tendinopathy



## Biceps

- Biceps Tendinopathy
- Biceps muscle strain
- Long head of Biceps rupture
- Bursitis
- Subluxation of biceps tendon
- Rotator Cuff pathology
- Poor humeral head or scapular control



## Calf/Achilles/Plantar fascia

- Calcaneal apophysitis
- Calf tear
- Achille Tendinopathy
- Plantar Fasciitis
- PTTD



## Tibialis Posterior

- Lower limb overuse injuries where excessive/prolonged pronation is implicated
- Shin Splints (PTTD, MTSS)
- Achillies - Tendinopathy
- Plantar Fasciitis
- PFPS, ITB Friction Syndrome, Hallux Valgus etc.



## Shoulder Internal Rotation

- Cocking phase throwing injuries
- Pectoral muscle strains/tears
- GH dislocations – late stage
- Weak or inhibited internal rotators



## Dequervain's Tenosynovitis

- Positive Finkelstein Test
- Weakness or fatigue
- Osteoarthritis of the first CMC joint
- Repetitive activities



## Iliotibial Band

- ITB Friction Syndrome
- Trochanteric Bursitis
- Gluteal Bursitis
- PFPS
- Poor lateral stability of knees



## Hamstrings

- Hamstrings muscle strain/tear
- Tendinopathy
- Weakness or imbalances



## Hallux Valgus

- Painful 1st MTP joint
- Hallux valgus
- Weak abduction
- Excessive pronation
- Excessive valgus forces on first toe e.g. back foot in surfing



## Lateral Ankle Sprain

- Acute lateral ankle sprain (in combination with rigid tape)
- Subacute lateral ankle sprain
- Late stage rehab and return to sport
- Subluxation of peroneal tendons
- Tendinopathy



## Wrist extensors

- Lateral Epicondylalgia (Tennis Elbow)
- Some carpal instabilities
- Wrist extensor weakness or fatigue
- Extensor tendons

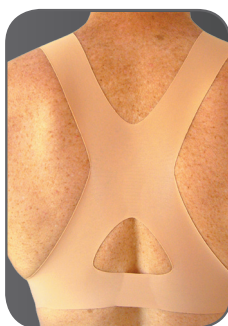
**Dynamic Tape** is a highly specialised tape that has been designed to contribute **genuine mechanical force** into the kinetic chain. In this way, the **unique**, highly elastic Dynamic Tape aims to contribute to **force generation**, improve **biomechanical efficiency** and modify **faulty movement patterns** or techniques. A reduction in load combined with powerful neurophysiological effects aims to provide prompt **pain relief, recovery and improved performance**.

Dynamic Tape is completely different to rigid sports tapes and kinesiology tapes. It can be incorporated into any treatment approach e.g. Mulligan, McKenzie, Fascial etc. etc.



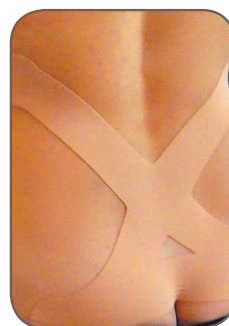
### Thoracic X

- Postural control
- Headaches
- Neck pain
- Upper & mid back pain
- Muscle imbalances
- Shoulder injuries
- Rib injuries
- Round shoulders and poked chin



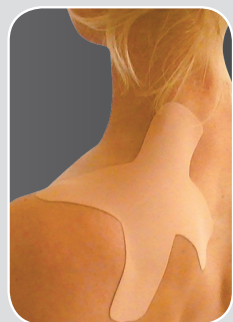
### Inhibitory X

- Reduce overactivity in upper trapezius and levator scapulae
- Neck pain
- Headaches
- Upper and mid back pain
- Muscle imbalances



### Lumbar X

- Supports thoracolumbar fascia
- Low Back Pain
- Sacro-iliac joint dysfunction
- Muscle imbalances
- Hip and buttock pain
- Lower rib dysfunctions



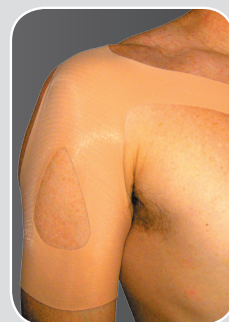
### Offload X

- Trigger Points
- Tender Points
- Strains, sprains and bruises



### Pregnancy X

- Supports anterior abdominal wall
- Supports weight and gathers skin to reduce discomfort associated with stretching
- Back and pelvic discomfort during pregnancy



### Shoulder X

- Rotator Cuff injuries
- A-C joint injuries
- Shoulder dislocations
- Neural irritation
- Muscle imbalances
- Bursitis
- Biceps tendinopathy



### Elbow X

- Tennis elbow
- Golfer's elbow
- Muscle strains



### Hip X

- Bursitis
- Gluteal muscle injuries
- Neural irritation and sciatica
- SIJ dysfunction
- Muscle imbalances



### Knee X

- Arthritis
- Patella tendinopathy
- Fat pad syndrome
- Patello-femoral dysfunction
- Ligament injuries and rehabilitation



### Scapula Box

- Round shoulders
- Poor posture
- Neck pain
- Headaches
- Mid back pain
- Muscle imbalances
- Shoulder injuries



### Lumbar Box

- Postural correction especially when sitting
- Low back pain
- Hip and buttock pain
- Sciatic pain



### Offload box

- provides a pinch offload
- muscle tears and strains
- Trochanteric Bursitis
- hamstrings, quadriceps, ITB, calf, buttock & spine

PosturePals Ergo Tapes are innovative precuts of Dynamic Tape which allow numerous uses ranging from postural correction to rotator cuff tendinopathy (just a few examples are illustrated above). The clever design means that many conditions can be managed with only two designs reducing inventory dramatically. A health care professional needs to do initial application and wearing instructions.





## Weapons for serious athletes and clinicians

*Get serious*



- Biomechanical
- Strongly Assistive
- Unique Fabric
- Water Resistant
- Highly Elastic
- No Limits
- 4 Way Stretch

### DynamicTape®

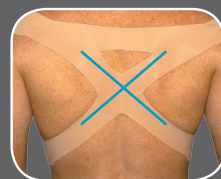
Tan	Tattoo	Size	Qty
0815-66-116	0815-66-108	2" x 16.4' (5cm x 5m)	1 Roll
0815-66-132	0815-66-124	2" x 16.4' (5cm x 5m)	6 Rolls
0815-68-229	0815-68-237	2" x 34 yds (5cm x 31m)	1 Roll
0815-78-558	0815-78-475	3" x 16.4' (7.5cm x 5m)	4 Rolls

### PosturePals®

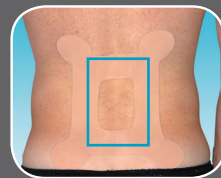
Item No	Description	Size	Qty
0815-78-509	Thoracic Sm.	11.75" x 9.75" (29.8 x 24.8cm)	5
0815-78-517	Thoracic Lg.	13.75" x 11.75" (35 x 29.8cm)	5
0815-78-525	Lumbar	8" x 9" (20.3cm x 22.9cm)	5

### PosturePals®

"X" Tape  
available in  
- Large X  
- Small X



"Box" Tape  
available in  
one size



### DynamicTapes®

- 7.5cm Rolls  
- 5cm Rolls



- Plain  
- Tattoo



See our web site for full instructions on these and other taping techniques : [www.pattersonmedical.com](http://www.pattersonmedical.com)

  
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MEDICAL

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#### Disclaimer

Materials and examples in this guide do not constitute advice on the management of any particular case nor does it replace consultation with an appropriately qualified health care professional. PosturePals Pty Ltd expressly disclaim responsibility for any adverse effects arising from the use or application of information contained in this brochure. While all reasonable care has been taken in the preparation of this publication, its accuracy cannot be warranted. Attendance at an accredited Dynamic Taping workshop is recommended.

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