

# PT STRAPZ

## INSTRUCTION MANUAL

**The first therapeutic adhesive  
designed for scar mobilization**





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# WELCOME TO THE **PT STRAPZ** INSTRUCTION MANUAL

Refer to this manual before beginning use of PT StrapZ.



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# CAUTION

If you have skin sensitivities, cancer, or healing complications, consult your doctor before use. Improper application, overstretching, or applying on areas of sensitive skin, and improper or quick removal may result in skin irritation, blisters or skin abrasion. In rare cases, a user may experience a burning or stinging sensation which may indicate a mild allergic skin reaction. Follow instructions for SENSITIVE SKIN OR STRONG ADHESIVE tape removal and discontinue use. Do not place PT StrapZ directly over open cuts or open wounds. Discontinue use if skin becomes irritated or sore. Instructions provided are for educational use only. PT StrapZ is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost.

Video instructions available at:  
[www.PTStrapZ.com](http://www.PTStrapZ.com)



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# 3 BASIC RULES

- 1.** Do not use PT StrapZ until the wound is completely healed and is absent of all scabbing. This usually takes 2-4 weeks.
- 2.** Do not apply PT StrapZ directly on the scar tissue until the scar is 6 weeks old or if your physical therapist approves.
- 3.** Do not use PT StrapZ if you have a history of keloids.



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# HOW TO USE

- Apply PTStrapZ in the morning and can be worn all day.
- Frequently during the day, hold the non-adhesive middle loop at the base where the loop meets the skin and “gently” pull and move the skin through the recommended directional patterns in these instructions.
- All pulling and movement performed should be within PAINFREE limits.
- You should feel the pulling but you should avoid causing any sharp pain, if you experience sharp pain then you are pulling too hard.



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# HOW TO USE (CONTINUED)

- If the PTStrapZ pulls off during the mobilization, then either review the cleaning and application process or you are pulling too hard.
- It is recommended to remove the PTStrapZ at the end of each day.
- PTStrapZ can be worn during a shower, but allow it to completely dry afterwards before delivering a mobilization series.



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# ADDITIONAL INFO

- For best results when using PT Strapz hold the bottom of the loop nearest to the skin to perform the mobilization technique.
- PT Strapz is recommended for daytime use, in the morning apply PTStrapZ in place for self-mobilizations during the day. Remove at night before bed. This gives the skin time to recover reducing chances of skin irritation.
- It is recommended to remove PTStrapZ for showering. However, you can take a shower with PT Strapz on, but after the shower, you want to tap dry and do not rub dry with the towel or attempt self-mobilizations until PTStrapZ is completely dry.



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# ADDITIONAL INFO (CONTINUED)

- It is recommended to remove PT Strapz before going to bed to allow the skin to breathe.
- After showering or bathing wait 30 minutes before applying PTStrapZ. The body will need to be completely dry and cooled down prior to application.
- Where ever PTStrapZ is going to be applied, trimming any excessive hair will better the adhesion to the skin
- After application wait for 10-15 minutes before beginning the mobilization to allow for better adhesion to the skin.





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# REMOVING PT STRAPZ

To remove simply cut the middle strap, hold the skin down around the end you are removing. Pull the middle section towards the adhesive end close to the skin. Apply baby oil or rubbing alcohol on the adhesive side to make it easier.

**DON'T RIP OFF!** Avoid pulling the tape off quickly, it can pull too much and irritate the scar tissue.



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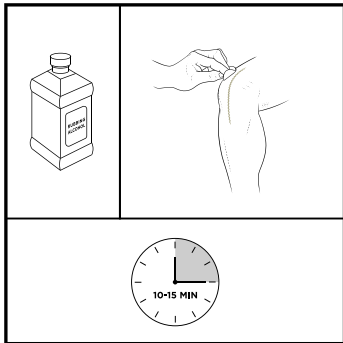
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# STEP BY STEP



## STEP 1:

### **Thoroughly clean the skin.**

Clean dirt, oils and lotions from the placement area with rubbing alcohol. Wait 10-15 minutes for the area to dry prior to applying PT StrapZ.



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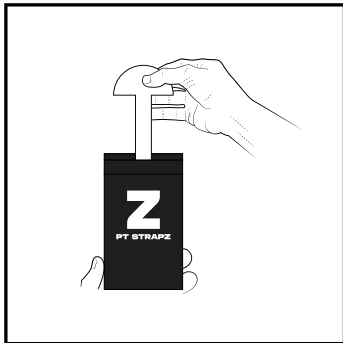
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# STEP BY STEP



## STEP 2:

Remove an individual PT  
StrapZ from the box.



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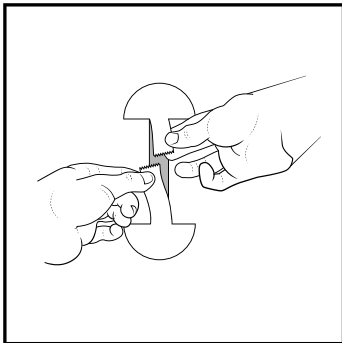
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## **STEP 3:**

**Tear the middle of the paper backing.**



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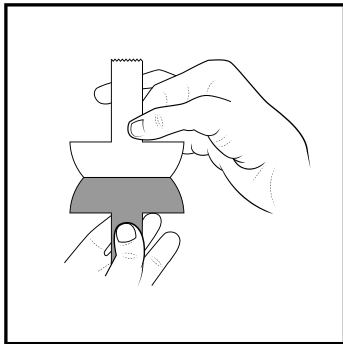
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## **STEP 4:**

**Remove the paper backing  
from one side.**



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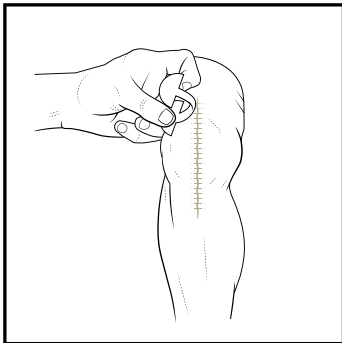
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## STEP 5:

**Place the exposed adhesive end onto the skin in the desired position.** The initial placement the flat edge of the end should be 1-2 centimeters from the scar. Refer to the web-site for advanced placements.



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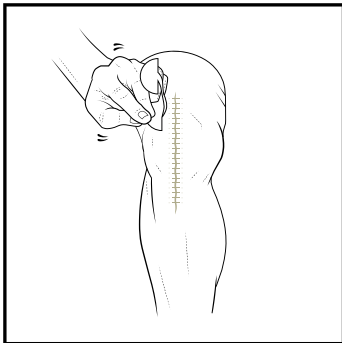
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## **STEP 6:**

**Rub the top of the PT StrapZ  
5-10 seconds to assure  
better adhesion to the skin.**



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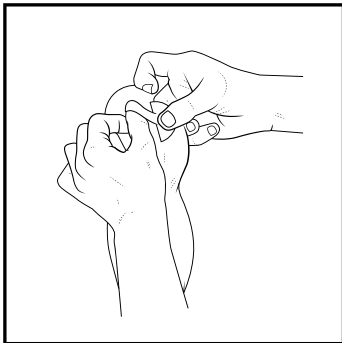
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## STEP 7:

**Remove the remaining paper backing from the other side and place the other adhesive end onto the skin in the desired position.** Placement should be on the other side of the scar, having approximately 2 centimeters between the two flat edges of the PT StrapZ. Secure the adhesive ends by rubbing both sides for 5-10 seconds.

**After application wait for 10-15 minutes before beginning the mobilization to allow for better adhesion to the skin.**





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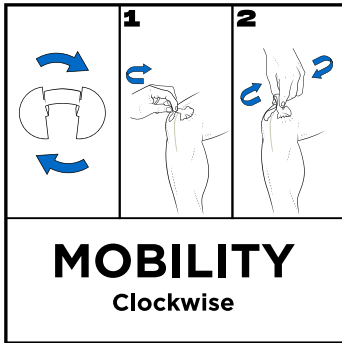
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# SCAR MOBILIZATION



## MOBILIZE (A)

Holding the PT StrapZ at the bottom of the middle loop closest to the skin, deliver a gentle pull in a clockwise rotation 5-10 times.



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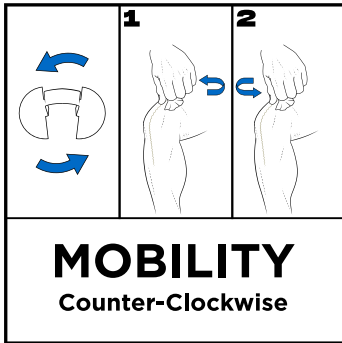
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# SCAR MOBILIZATION



## MOBILIZE (B)

Holding the PT StrapZ at the bottom of the middle loop closest to the skin, deliver a gentle pull in a counter-clockwise rotation 5-10 times.



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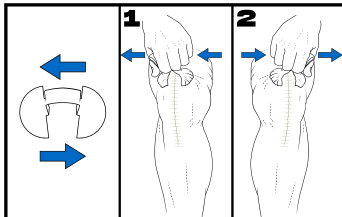
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# SCAR MOBILIZATION



## MOBILIZE (C)

Holding the PT StrapZ at the bottom of the middle loop closest to the skin, deliver a gentle pull in a side to side motion 5-10 times.

## MOBILITY

Side to Side



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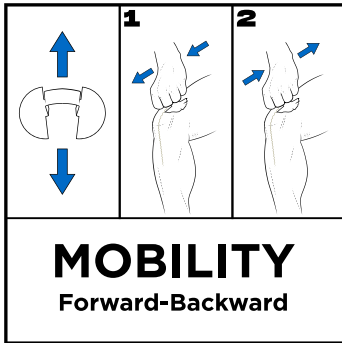
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# SCAR MOBILIZATION



## MOBILIZE (D)

Holding the PT StrapZ at the bottom of the middle loop closest to the skin, deliver a gentle pull in a forward-backward motion 5-10 times.



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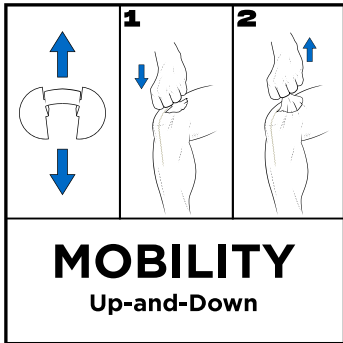
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## MOBILIZE (E)

Holding the PT StrapZ at the bottom of the middle loop closest to the skin, deliver a gentle pull in an up-and-down motion 5-10 times.

This procedure from A to E should ONLY take 1 - 2 minutes.

General guidelines are to perform the above scar mobilization technique 5 - 10x per day. If you are actively receiving physical therapy consult your Physical Therapist for more specific guidelines.