

KINESIO-TAPING®

FOUR MAJOR FUNCTIONS

1. SUPPORTS MUSCLE
2. REMOVES CONGESTION TO THE FLOW OF BODY FLUIDS
3. ACTIVATES ENDOGENOUS ANALGESIC SYSTEM (PAIN RELIEF)
4. CORRECTS JOINT PROBLEMS

WHAT IS KINESIO TAPING?

The Kinesio Taping® Method has taken the Rehabilitation and Sports Medicine world by storm. Developed by Dr. Kenzo Kase nearly 25 years ago in Japan, Kinesio Taping has become the gold standard for therapeutic rehabilitative taping. Our proprietary method of taping uses a uniquely designed and patented tape for treatment of muscular disorders and lymphedema reduction.

Since the introduction of Kinesio Taping® in the US, medical practitioners from PTs, ATCs, OTs, DCs, to MDs have recognized and embraced this effective, safe, and easy-to-use modality. The method and tape allow the individual to receive therapeutic benefits 24 hours per day because it can be worn for several days per application. Currently, Kinesio Taping® is used in hospitals, clinics, universities, high schools, and by professional sports teams.

The Kinesio Taping® Method involves taping over and around muscles in order to assist and give support or to prevent over-contraction. The first technique gives the practitioner the opportunity to actually give support while maintaining full range of motion, enabling the individual to participate in physical activity with functional assistance. The second technique helps prevent overuse or over-contraction and helps provide facilitation of lymph flow 24 hours per day. It is most commonly used in the acute stage of rehabilitation. Kinesio Tex Tape can be used in conjunction with other therapies, including ice, water baths, and electrical stimulation.

HOW DOES THIS STUFF WORK?

Kinesio Taping® alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. The taped portion forms convolutions in the skin, thus increasing interstitial space. The result is that pressure and irritation are taken off the neural and sensory receptors, alleviating pain. Pressure is gradually taken of the lymphatic system, allowing it to drain more freely.

<i>Arthritis</i>	<i>Carpal Tunnel</i>	<i>Sprain/Strain</i>	<i>Muscle Spasm</i>
	<i>Headaches</i>	<i>Edema</i>	<i>Plantar Fasciitis</i>
<i>Rotator Cuff Injury</i>		<i>Sprained Ankle</i>	<i>Tennis Elbow</i>