

KINESIO TAPING®

INTRODUCTION: Kinesio Taping® was developed 30 years ago by a Japanese chiropractor to assist in the healing of muscles, nerves, and organs by boosting the body's circulatory system (venous and lymph flows). Special tape is applied directly to the skin in the affected locale to reduce pain and inflammation, relax overused or tired muscles, and support muscles in movement.

HOW IT WORKS: Kinesio Taping provides relief by supporting and stabilizing muscles and joints without restricting the body's range of motion. It can also extend the benefits of manual soft tissue manipulation (chiropractic adjustment or massage) administered in the physician's office. The tape used is elastic, 100% cotton, and latex-free.

INDICATIONS: Taping can be used alone or in combination with other therapeutic interventions. It has been used successfully to release pain and inflammation associated with a variety of conditions, including headaches, foot problems, muscle inhibition in pediatric patients, carpal tunnel syndrome, lower back strain/pain (e.g., subluxations and herniated discs), knee conditions, shoulder conditions, hamstring, groin injuries, rotator cuff injuries, whiplash, tennis elbow, plantar fasciitis, patella tracking, pre- and post-surgical edema, and ankle sprains. It can also be used to prevent athletic injuries and is safe for all ages.

CONTRAINDICATIONS: Tape should not be applied over open wounds or over severe eczema or other skin conditions.

TREATMENT PROTOCOLS: Tape is applied: 1) over the affected area with the muscles in a stretched position, and 2) from one end of the affected muscle to the other (usually perpendicular to the first piece of tape), with little or no stretch on the tape. The tape can be worn for days at a time and can be left on when showering or bathing.

