



Kinesio Taping® Miracle or Myth

Kinesio Taping® was developed 25 years ago to support the body's healing processes to restore normal function in myofascial tissues and joints.

Kinesio Taping® (KT) uses a uniquely designed and patented tape designed to mimic the qualities of the human epidermis. It has roughly the same thickness as the skin and can be stretched between 130% - 140% of its static length to match the skin's stretching ability. KT involves taping over and around muscles to assist and prevent over-contraction, while facilitating lymphatic flow for an entire 24-hour period.

Benefits of Application of Kinesio Taping®

- Supports normal muscle function. The Tape is effective for reconditioning the abnormal muscle tension and strengthening the weakened muscles.
- Assists in the removal of edema or abnormal accumulation of fluids, by directing the exudates or discharge, toward lymph ducts.
- Creates more space to decrease inflammation by lifting the fascia and soft-tissue above the areas of pain/inflammation.
- Helps correct joint restriction and improve proprioception.
- Aligns fascial tissue.

Support and Stability

Kinesio Taping® gives support and stability to joints and muscles without affecting circulation and range of motion. It is also effectively used for preventive maintenance, edema, and pain management, while withstanding athletic activity and showering.

The Tape is applied over muscles to reduce pain and inflammation, to relax overused, tired muscles, and to support muscular movement for 24hr/day. As a non-restrictive tape, it allows for full range of motion.

Kinesio Taping® Treatment

- Postural dysfunction/distortions,

- Joint, muscle, ligament and tendon injuries,
 - Swelling,
 - Fascial alignment,
 - Headaches and neck pain,
- Shoulder injuries, including rotator cuff and impingement,
- Elbow injuries, including golfer's and tennis elbow,
 - Carpal tunnel syndrome,
 - Lower back injury,
 - Herniated disc/sciatica,
 - Hip injury,
- All running injuries including ITB, shin splints and plantar fasciitis,
 - Ankle sprains.

The Olympics

Kinesio Taping® has been most recently seen and widely used at the 2008 Beijing Olympics. Kerry Walsh: US womens' gold-medalist in beach volleyball, was seen taped through every match. Other Beijing Olympians seen sporting the tape were the US womens' water polo team, Jamaica's track and field team, Spain's silver-medalist, mens' basketball team, womens' tennis: Serena Williams and Justin Henin.

Professional Athletes

Taping seen elsewhere on the athletic scene; PGA and PGA Jr. Tour; Lance Armstrong/Discovery cycling team's Champion of Tour de France and New York Marathoner, International Football Star: David Beckham, NFL's NY Jets, MLB's Seattle Mariners, as well as College Division 1 Athletes.