

Kinesio Taping®: The Rage at the 2008 Olympics

Dr. Silverman is one of the only 2 practitioners in the Westchester County who is a Certified Kinesio Taping Practitioner (CKTP), which certifies him to assess and apply the Kinesio Tape.

What it is

Kinesio Taping® was developed 25 years ago to support the body's healing processes and to restore normal function in myofascial tissues and joints. Kinesio Taping® (KT) uses a uniquely designed and patented tape. It is designed to mimic the qualities of the human skin and has roughly the same thickness as the epidermis, and can be stretched between 130% - 140% of its resting length. KT involves taping over and around muscles to assist and give support to prevent over-contraction, and helps facilitation of lymphatic flow for an entire 24-hour period. This Tape can be used for muscles, joints, lymphatic drainage, ligament/tendon and fascial corrections.

Benefits of Application

- i) Normal muscle function. The Tape is effective for reconditioning the abnormal muscle tension and strengthening the weakened muscles
- ii) To assist in the removal of edema by directing exudates toward a lymph duct
- iii) To create more space by lifting the fascia and soft-tissue above the areas of pain/inflammation
- iv) Helps correct joint restriction and improve proprioception
- v) To align fascial tissue

What can Kinesio Taping Treat

- i) Postural dysfunction/distortions
- ii) Any joint/muscle/ligament/tendon injury
- iii) Swelling
- iv) Fascial alignment
- v) Headaches
- vi) Neck pain
- vii) Shoulder injuries - rotator cuff, impingement
- viii) Elbow injuries - Golfer's/tennis elbow
- ix) Carpal tunnel
- x) Neck/lower back injuries
- xi) Herniated disc/sciatica
- xii) Hip injuries
- xiii) All running injuries - ITB, shin splints, plantar fasciitis
- xiv) Excellent for ankle sprains
- xv) Etc...

Different from Commercial Tapes

- i) Kinesio Tape is latex-free and the adhesive is 100% acrylic and is heat activated
- ii) The 100% cotton fibers allow for evaporation and quicker drying, thus allowing the Kinesio Tape to be worn in the shower or pool without having to be constantly reapplied
- iii) Prescribed wear-time for 1 application is longer - usually 3 - 4 days
- iv) Lastly, KT can be applied to virtually any muscle or joint on the body

Kinesio Taping® in the News

- i) Most recently at the 2008 Beijing Olympics:
 - a. Women's beach volleyball US gold-medalist Kerry Walsh
 - b. US women water polo team
 - c. Jamaica's track and field team
 - d. Spain's silver-medal men's basketball team
- ii) Women's tennis: Serena Williams, Justin Henin
- iii) PGA
- iv) PGA Jr. Tour
- v) Lance Armstrong/Discovery cycling team at Tour de France
- vi) David Beckham
- vii) Lance Armstrong at the New York Marathon
- viii) NFL - NY Jets
- ix) Division 1 athletics
- x) MLB - Seattle Mariners
- xi) Olympic training center

Findings: Subjects with shoulder pain and clinical diagnosis of rotator cuff tendinitis demonstrated an immediate improvement in pain-free abduction ROM (range of motion) after a therapeutic Kinesio Taping® application. (Journal of Orthopedic and Sports Therapy. Vol. 38)7_, July 2008, p. 389-396)