

# Kinesio Taping

The **Kinesio Taping Method** is designed to facilitate the body's natural healing process while allowing support and stability to muscles and joints without restricting the body's range of motion. The Kinesio Tape is applied over muscles to reduce pain and inflammation, relax overused and tired muscles and to support muscles in movement on a 24hr/day basis. Kinesio Taping has been seen everywhere on elite and amateur athletes since the 2008 Summer Olympics and even more recently in the 2012 Summer Olympic games in which it gained a lot of media publicity when it was frequently spotted stretching and spiraling in all sorts of interesting hues and patterns on many athletes. Kinesio Tape is used for anything from headaches to foot problems and everything in between. Examples include: muscular facilitation or inhibition in patients, carpal tunnel syndrome, lower back strain/pain (subluxations, herniated disc), knee conditions, shoulder conditions, hamstring, groin injury, rotator cuff injury, whiplash, tennis elbow, ankle sprains, athletic preventative injury method, and as a support method. Kinesio tape also has the ability to:

- Re-educate the neuromuscular system
- Reduce pain
- Enhance performance
- Prevent injury
- Promote good circulation and healing



## Frequently Asked Questions

### What does Kinesio® Taping and Kinesio® Tex Tape do?

**Answer:**

The Kinesio Taping® Method is applied over muscles to reduce pain and inflammation, relax overused or tired muscles, and support muscles in movement on a 24-hour-a-day basis. The taping is non-restrictive and allows for full range of motion. In contrast, more traditional sports tape is wrapped around a joint strictly for stabilization and support during an athletic event. Kinesio® Tex Tape is used to treat anything from headaches to foot problems and everything in between. Just a few examples include rehabilitation from sports injuries, carpal tunnel syndrome, lower back strain/pain (subluxation, herniated disc), knee and shoulder conditions. There are many more.

### How is the tape applied?

**Answer:**

Without getting too technical, the tape is applied over the affected area with the muscles in a stretched position. Then the tape is applied from one end of the muscle to the other with very little to no stretch on the tape. In general, the tape is applied from the ORIGIN to INSERTION of the muscle for SUPPORT and from INSERTION to ORIGIN for REHAB. Certified instructors and practitioners are trained to determine which specific techniques will be most effective for individual patients and injuries.

### What are some suggestions for best taping results?

**Answer:**

- A) Skin should be free of oil, sweat, or lotion prior to application.
- B) Taping should be applied approximately 1 hour prior to activity or shower to allow glue to adhere properly.
- C) Skin irritation is extremely rare, but please inform your doctor if you have hypersensitive skin

## What is the difference between the colors?

### Answer:

There is no physical or chemical difference between the colors. The colors were developed to be compatible with color therapy. The beige was created for minimal visibility and the black was created after many requests. Color choice is a matter of individual preference. The colors can provide field advertising at athletic events, a conversational opener, and instant product recognition.

## How does it differ from other taping techniques?

### Answer:

There are three main taping techniques recognized in the United States: White Athletic Taping, McConnell® Taping Technique, and Kinesio Taping® Method.

**White Athletic Taping** is the most commonly used taping technique in the U.S. The tape is extremely rigid and requires a pre-tape prior to application to protect the skin from irritation. Irritation is caused by the entrapment of moisture, high latex content, and severe compression of skin, muscles, and joints. It is typically applied immediately prior to an activity to prevent and protect acute injuries, left on for a short period of time, and taken off immediately after conclusion of activity. There are no rehabilitative uses or benefits.

**McConnell® Taping** is a bracing or strapping technique using a super-rigid, cotton mesh, highly-adhesive tape (EnduraTape®, LeukoTape®). It affects the bio-mechanics of the patient and is most commonly used for patellofemoral and shoulder subluxation, as well as lumbar, foot, and hip impingement. It is typically

left on for a shorter period of time (no longer than 18 hours) due to its constricting and suffocating feel and adverse skin reaction. The technique is primarily used for neuromuscular re-education of the affected condition and is widely accepted by the medical community.

**Kinesio Taping® Method** is a therapeutic taping technique which not only offers patients and athletes the support they are looking for, but helps to rehabilitate the affected condition as well. Using a highly specific tape design that works with the body, allowing full range of movement-- in many cases range of movement will be improved – the Kinesio Taping® Method will not affect the patient’s bio-mechanics. Kinesio® Tex Tape is latex-free and safe for sensitive skin and may be used with populations ranging from pediatric to geriatric. There is no compression on the skin, making it “light to the feel” and allowing comfortable wear over a 3 to 5 day period. The water-resistant fabric wicks away moisture and allows the patient to bathe or even swim as usual. Lymph and blood circulation are facilitated in order to rehabilitate and relieve pain. It is used for virtually any clinical condition.

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