

# **Kinesio<sup>®</sup> Tape** **The Edge**

**For The Modality On The Go...Kinesio<sup>®</sup>!!!**

## **Practical Applications Support with Full ROM**



**MYOFASCIAL SUPPORT:** Kinesio<sup>®</sup> Tex tape provides support to the muscles and joints with full range of motion and comfort. From tennis elbow to low back spasms, Kinesio provides just the right mix of relief and/or support for functional success.

## **Rehabilitation with Specific Techniques**



**INCREASED CIRCULATION:** Twelve hours after first application, the knee pictured above demonstrates the ability of Kinesio<sup>®</sup> Tex tape used in conjunction with a "lymphatic" technique of the Kinesio Taping<sup>®</sup> Method.

## **Use for Preventive Maintenance, Edema, & Pain Management**

Hamstring/Groin Injury  
Rotator Cuff Injury  
Low Back Spasms/Strain

Whiplash Injury  
Tennis Elbow  
Plantar Fasciitis

Carpal Tunnel Syndrome  
Patella Tracking  
Pre/Post Surgical Edema

## **Easy to Learn, and Easy to Apply**

Take your therapeutic skills to the next level.  
For seminar information and more visit:

**[www.KinesioTape.ca](http://www.KinesioTape.ca)**



# How to Use KINESIO® TEX

## Concepts & Applications Based on the Kinesio Taping Method

### Kinesio Tape Qualities

- 140% Elasticity • Water Resistant (available)
- Heat Activated Adhesive • Latex Free
- Air Circulating Waves • Light-Thickness Same As Skin
- Durable 3-4 Days/Application

### Key Points For Taping

- Elongate the muscle or area prior to application.
- Apply in increments: place, peel, apply, and rub over tape
- Less "pull" and "stretch" is better
- For best results, apply 20+ min. prior to activity

## Taping For Support



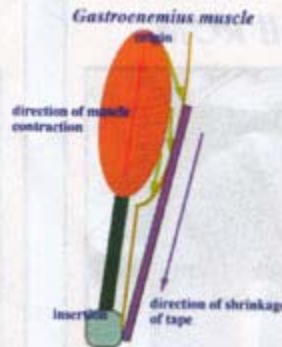
### ORIGIN TO INSERTION Support (muscle weakness)

- Chronic conditions
- Atrophy
- Athletic muscle support

#### Concepts

As the muscle fibers contract, Kinesio Tape supports the contraction by pulling and stimulating the skin and muscle back towards the origin

## Taping For Rehab



### INSERTION TO ORIGIN Rehab (overused muscle & inflammation)

- Acute conditions. (strain, sprain)
- Muscle spasm
- Edema from injury or surgical procedures

#### Concepts

To help relax and slack the muscle during contraction and use of the muscle

## Clinical Applications

### Lateral Epicondylitis

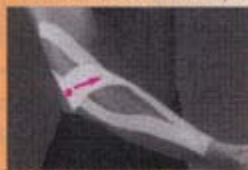
#### Extensor Muscles



- 1 Extend elbow while flexing wrist.
- 2 Place the base of Y-Tape starting at the wrist.
- 3 Apply the tape one strip at a time around the extensor muscles.

Stretch: 0-10%

#### Correctional Technique



- 4 Slightly flexing th elbow, place the I-Tape at the back of the elbow joint.
- 5 Apply the tape over the joint from the medial side to the lateral side.

Stretch: Half, 20%

### Low Back Strain

#### Sacrospinalis Muscles



- 1 Bend body forward, stretching the muscles
- 2 Apply each strip from slightly above the tailbone up and along the side of the spine.

Stretch: 0-10%

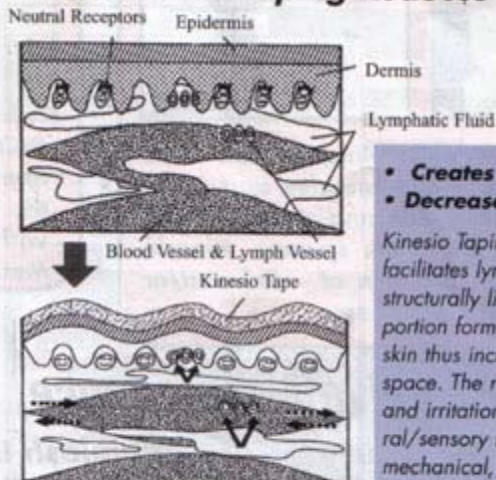
#### Correctional Technique



- 3 Bend body forward.
- 4 Peel off tape, and while holding the ends, stretch and place the center of the tape over the strain area.

Stretch: Full, 40%

## How Kinesio Taping Reduces Edema & Pain



- Creates Space
- Decrease Pressure

Kinesio Taping alleviates pain and facilitates lymphatic drainage by structurally lifting the skin. The taped portion forms convolutions in the skin thus increasing the interstitial space. The result is that pressure and irritation is taken off the neural/sensory receptors (e.g. pressure, mechanical, and pain). Then slowly, pressure is taken off the lymphatic system allowing it to drain more freely.

Over a contusion, Kinesio Tape demonstrates the ability to increase the circulation and facilitate lymphatic flow. These results are seen within 24 hours of application.



for more  
information visit

[www.KinesioTape.ca](http://www.KinesioTape.ca)

## 4 Major Effects



### 1. Correct Muscle Function

Tape is effective for reconditioning the abnormal muscle tension, or strengthening the weakened muscle.

### 2. Improve Circulation of Blood/Lymph

Tape will eliminate the tissue fluid or bleeding beneath the skin by moving the muscle.

### 3. For Pain

Neurological suppression of pain occurs by applying the tape to the affected area. also, pain will be suppressed as mentioned in effect 2, above.

### 4. Reposition the Subluxation Joint

The dislocated joint bone due to abnormal tension can be corrected by taping which will recover the function of fascia and muscle.

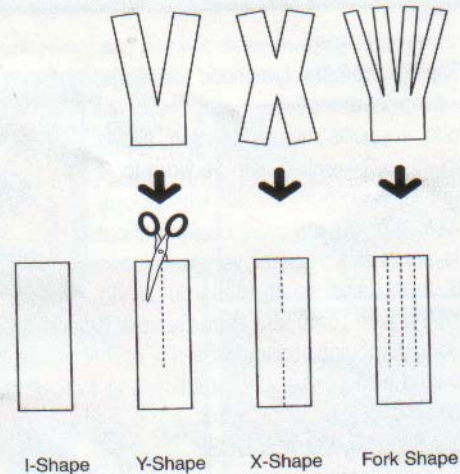
#### **Kinesio Tape Qualities**

Light-Thickness, Same as Skin	Latex Free
Heat Activated Adhesive	40% Elasticity
Air Circulating Waves	Water Resistant
Durable for 3-4 Days per Application	

#### **Application of Kinesio Tape**

- Skin should be free of oils and dry.
- After Application, lightly rub the tape to activate heat sensitive glue.
- In taping applications in moist areas, may want to use water-resistant tape.
- Tape for support and rehabilitation.

## How to Cut the Tape



Attributes of the tape allow it to be cut to fit the affected area (e.g. muscle, nerve) I-shaped, Y-shaped, X-shaped and Forked-shaped tapes are primarily used. The length of the tape indicated is the standard length. However, it should be adjusted according to the user's size. Measure the length of the area before cutting the tape. Cut the edges round for longer and better results.