Kinesio® Tape The Edge

For The Modality On The Go...Kinesio®!!!

Practical Applications
Support with Full ROM

Rehabilitation with Specific Techniques

MYOFASCIAL SUPPORT: Kinesio® 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.

INCREASED CIRCULATION: Twelve hours after first application, the knee pictured above demonstrates the ability of Kinesio® Tex tape used in conjunction with a “lymphatic” technique of the Kinesio Taping® 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
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

Deltoide muscle

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

Gastrocnemius muscle

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
Correctional Technique
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 muscules.

Stretch: 0-10%

Low Back Strain
Sacrospinalis Muscles
Correctional Technique
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%

How Kinesio Taping Reduces Edema & Pain

Neutral Receptors
Epidermis
Dermis
Lymphatic Fluid
Blood Vessel & Lymph Vessel
Kinesio Tape

• 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
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 Woven
- 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

I-Shape  Y-Shape  X-Shape  Fork Shape

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.