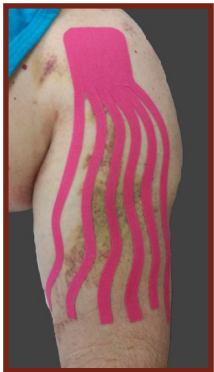




← May 26th



→ May 26th



← May 31st



→ June 2nd



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Kinesio Taping



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KINESIO TAPING IS....

- A therapeutic taping method using a uniquely designed elastic tape
- A modality that enhances the function of many different tissues and physiologic systems
- A modality that can be applied and worn for extended periods with continued therapeutic benefits between clinical visits

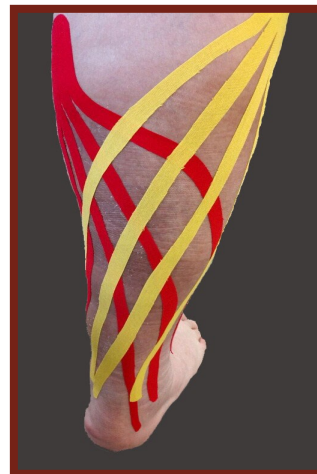
KINESIO TAPING HISTORY....

- Dr. Kenzo Kase founded Kinesio Taping method
- Dr. Kase invented the Kinesio Taping Method in 1979 after 6 years of clinical development.
- It was first introduced into Japan's rehab hospitals
- Received first major international exposure in 1988—Seoul Olympics
- Introduced to USA in 1995 and the group formed in the US in 1997

WHAT CAN KINESIO TAPING BE USED FOR?

- ⇒ AC Joint Pain
- ⇒ Achilles Tendonitis
- ⇒ Brachial Plexus Syndrome
- ⇒ Carpal Tunnel Syndrome
- ⇒ Patella Tendonitis
- ⇒ Shin Splints
- ⇒ Lymphedema
- ⇒ Bruising
- ⇒ Edema
- ⇒ Back Pain
- ⇒ Wrist Pain
- ⇒ Ankle Pain
- ⇒ Knee Pain
- ⇒ Muscle/Tendon Strain
- ⇒ Tennis Elbow

Virtually ANYTHING!



COMMON ANSWERS....

- Kinesio tape can stay on anywhere from 3-5 days (sometimes more or less depending on how much you sweat, etc)
- You can shower in it, just pat dry instead of rolling the towel over it
- It is heat activated, so rubbing on it with your hand will help it stick better (DO NOT USE A BLOW DRYER to keep it on because it uses an acrylic adhesive and may take skin off when removed)
- Take the tape off if you experience any pain and/or worsening symptoms.
- Take the tape off if you notice itching under or around the tape
- There is **NO MEDICINE** in the tape
- You may swim with it on, just pat dry
- The tape stretches along the longitudinal axis only; unlike athletic or other tapes that you see being used
- The brands we use are hypoallergenic and latex free

Helpful Hints...

- Take the tape off in the shower where the tape is soaked in water
- If the corners start to come off you can trim them with scissors
- Wrap an ace bandage or somethings around the tape (cut panty hose, etc) at night to keep it from rolling off