

What is Kinesio® Taping

The Kinesio® Taping Method has taken the Rehabilitation and Sports Medicine world by storm. This amazing taping method was developed by Dr. Kenzo Kase over 25 years ago in Japan. Kinesio® Taping has quickly become the gold, or should we say "platinum" standard, for therapeutic rehabilitative taping. The proprietary method of taping uses a uniquely designed and patented tape for treatment of muscular disorders and lymphedema reduction.

The Kinesio® Taping Method involves taping over and around muscles in order to assist and give support or to prevent over-contraction. The first technique gives the practitioner the opportunity to actually give support while maintaining full range of motion. This enables the individual to participate in their normal physical activity with functional assistance. The second technique, which is most commonly used in the acute stage of rehabilitation, helps prevent overuse or over-contraction and helps provide facilitation of lymph flow for an entire 24 hour period. Correctional techniques include mechanical, lymphatic, ligament/tendon, fascia, space and functional. Kinesio® Tex tape can be used in conjunction with other therapies, including cryotherapy, hydrotherapy, massage therapy, and electrical stimulation.

Kinesio® Taping affects the activation of the neurological system, the body's information processor and the circulatory system. Muscles are not only attributed to the movements of the body, but they also control the circulation of venous and lymph flows, body temperature, etc. Therefore, the failure of the muscles to function properly induces various kinds of symptoms. Consequently, more attention was given to the importance of muscle function, that the idea of treating the muscles in order to activate the body's own healing process came about. Using an elastic tape, such as Kinesio® Tex tape, it was discovered that muscles and other tissues could be helped by outside assistance. Employment of Kinesio® Taping creates a completely new and innovative approach to treating nerves, muscles and organs.

Since the introduction of Kinesio® Taping into the US, medical practitioners from PTs, ATCs, OTs, DCs, MTs, to MDs have recognized and embraced this effective, safe and best of all, easy-to-use modality. The method and tape allow the individual to receive the therapeutic benefits 24 hours per day with both comfort and ease, because it can be worn for several days per application. Currently, Kinesio® Taping is used in hospitals, clinics, high schools and by professional sports teams.



Certified Kinesio Taping Practitioner