

What is The Kinesio Taping® Method?

The Kinesio Taping® Method is a rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion. It provides extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. The Kinesio Taping® Method has the ability to re-educate the neuromuscular system, reduce pain and inflammation, optimize performance, prevent injury and promote good circulation and healing, and assist in returning the body to homeostasis. Kinesio® tape is latex-free and wearable for up to 5 days due to its water resistant properties. The tape is 100% cotton and the adhesive is medical grade acrylic and heat-activated. There is no medication in the tape.

What are the benefits of The Kinesio Taping® Method?

This taping method has been proven to have positive physiological effects on the skin, lymphatic and circulatory system, fascia, muscles, ligaments, tendons, and joints. It can be used in conjunction with a multitude of other treatments and modalities within the clinical setting and is effective during the rehabilitative and chronic phases on an injury. It can also be used for preventative measures.

Instructions:

Your therapist will give you detailed instructions regarding the tape. There is a low risk of skin irritation with this technique; however, you should remove the tape immediately if there is increased pain or skin irritation.

Removing Tape:

- Slowly remove tape in the direction of hair growth
- Use one hand to remove tape and the other hand to press against the skin
- Gently rubbing the skin after the tape is removed can reduce sensitivity
- Do not remove the tape too quickly as this can irritate the skin
- You may use soap/lotion to help reduce adhesion

Your therapist may educate you on self-taping to assist in your recover. If so, the best way to purchase tape is through Amazon.com. You can search "Kinesio Tape". Kinesio® makes 2 types of tape: Kinesio® Tex Classic and Kinesio® Tex Gold FP. Kinesio® Tape Gold FP is better for most applications although either will do. It is not recommended to buy tapes other than Kinesio® Tape. Our clinicians are specifically trained in the use of this type of tape and these techniques do not necessarily translate to other brands. Color of the tape is a personal preference. All tape is manufactured the same regardless of the tape color.