

KINESIO TAPING[®] PERFECT MANUAL



**THERAPEUTIC TAPING TO HELP CONTROL
DISCOMFORT AND MUSCLE AILMENTS**

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KINESIO TAPING®
PERFECT MANUAL
2ND EDITION

**THERAPEUTIC TAPING TO HELP
CONTROL DISCOMFORT
AND MUSCLE AILMENTS**

ACKNOWLEDGEMENTS:

The Kinesio Taping® Association International would like to express appreciation to those individuals that help to provide the forward momentum that keeps the Kinesio Taping® Method on the cutting edge of Educational Programming. Our Products and Education continue to set the standard for quality in elastic therapeutic taping education, methods, and products.

The Kinesio Taping® Method was invented in 1979 by founder Dr. Kenzo Kase®. A very special thank you goes to Dr. Kenzo Kase® without whose knowledge and ingenuity the international therapeutic community would be without this versatile tool. This edition of standardized educational material has been updated to include the latest research and introduces Kinesio Taping® in a whole new way in the Kinesio Taping® Perfect Manual.

Thank you to the Kinesio staff members who worked through all the drafts, revisions and numerous photo sessions to complete this project: The KTAI Team: Mona Angel, KTAI & Education Director, and Danielle Sanchez, Education Project Assistant. The Kinesio Creative team: Brittany Archuleta, Corporate Project Manager, and the wonderful and talented Graphic Design Team; Hank Padilla, Graphic Designer and Rick Gonzales, Graphic Designer.

Many, many thanks to our talented Certified Kinesio Taping® Instructors and Practitioners around the globe for their dedication and promotion of the Kinesio Taping® Method.

Sample
Not For Resale

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FOREWORD BY JIM WALLIS, ATC, CKTI

The original concept for the Kinesio Taping Method was Dr. Kase's desire to reduce the pain his patients were feeling when they came to his clinic. He wanted his patients to not only have a lower pain level after he treated them, but also to maintain the diminished pain level between visits. Patients mainly seek treatment because they are in pain. Since the inception of the Kinesio Taping Method Dr. Kase's has strived to create a total therapeutic treatment concept that he believes is taping with wisdom.

As far back as 1979, Dr. Kase started to believe that he could reduce inflammation, excess heat, and normalize fluid movement by applying another layer of skin. His concept was to apply an elastic therapeutic tape that would mimic the qualities of the skin to affect superficial and deep tissues. Applying elastic tape with similar qualities in thickness and elastic stretch mimicking the skin would allow for decompression of affected tissues.

After multiple attempts with existing elastic tapes he designed Kinesio Tex Tape. It mimics the qualities of skin and the adhesive emulates the human fingerprint. The combination of a proper evaluation, correct stretch of the tissue, and application of the Kinesio Tex Tape provides a low level effect over a long period of time, assisting the normal body functions to return to homeostasis in a patient-friendly manner.

There are currently 4 versions the Kinesio Tex Tape, each are designed to have a different affect from the epidermis to the deep layers of fascia and muscle, allowing for clinical applications for almost all patients. Kinesio Tex Tape mimics the qualities of the epidermis, dermis and superficial fascia layer. The thickness and stretch capabilities are approximately the same as the skin. The 100% acrylic adhesive, which is hypoallergenic and latex free, is applied in a pattern that mimics the fingerprint. When the painful area is placed in a stretched position and the Kinesio Tex Tape allied with the appropriate degree of tension with the appropriate cut to the skin is lifted decompressing the affected tissues. This decompression allows for normalization of fluid flow between and within tissues as well as neurological effects that assist in reducing pain.

With higher degrees of tension the practitioner can affect deeper layers of tissue: superficial

fascia, muscle and deeper fascia. The practitioner's ability to evaluate the body's needs determines the specific Kinesio Taping Technique to be applied. Kinesio Tex Tape can even be applied with minimal to no tension to affect the most superficial layers of the skin the epidermis and dermis affecting chronic pain or neurological symptoms.

The Kinesio Taping Association International was formed in 1984 and has bi-annual symposiums to present current research and advance the method to remain the international leader in therapeutic tape techniques. Dr. Kase is committed to further understanding the physiological effects of the technique with both research and education to professionals around the world.

Since the introduction of the Kinesio Taping Method in Japan in 1979 and the United States in 1994, over 100 countries have been introduced to the technique. Every year, more than 15 million Kinesio taping applications are applied to both the general public and athletes. Your choice the Kinesio Taping Method to apply to either yourself or your patients is an investment in a patient-friendly and highly effective therapeutic modality.

The Kinesio Taping Method or using the tape with wisdom success is dependent upon the use of the original therapeutic elastic tape and following the step by step application of one of the 4 Kinesio Tex Tapes. Each of the 4 Kinesio Tex Tapes have qualities that effect specific tissues with years of research used to develop the tape and proper application technique. Using an elastic therapeutic tape other than Kinesio Tex Tape may result in a decreased effectiveness.

-Jim Wallis, 2020



INTRODUCTION

WHAT IS KINESIO® TAPE?

Complicated Modern Illness

Troublesome pain, such as back pain, shoulder stiffness, and nerve pain are hard to treat. Medications can mask symptoms but they have side effects and are rarely long-term solutions. More and more, people are looking to alternative methods and home remedies to treat their complaints.

As an example, think of frozen shoulder. If you go to your physician, you are likely to be given NSAIDs (over-the-counter pain relievers with negative effects on the stomach, liver, and kidneys), steroid injections, or even surgery. Many complementary interventions also exist, such as massage, compression, acupuncture, trigger point therapy, chiropractic adjustment, and cold therapy, just to name a few.

Why are there so many treatments? The body is complicated and as a result, there are few definitive solutions to the problems we experience. To make matters worse, rates of chronic illness are always increasing along with complaints of lower back pain, stiff shoulders, and allergies.

These complaints are often the result of a modern life. For instance, lower back pain isn't just caused by weight lifting and labor; it can also be caused by long hours of desk work, mental stress, bad posture, tight clothes, unsupportive footwear, or many other factors. With smartphone culture and a growing service sector, these seemingly innocuous triggers are only increasing.

Intervention by constant doctor visits, medication, and appointments with complementary therapists are expensive and can fill your schedule, and often home treatment does more harm than good. Our search for safe and easy treatment that anyone can use led to the invention of Kinesio Tape, and we are convinced of its effectiveness against both acute and chronic conditions.

DEVELOPMENT OF KINESIO® TAPE

Kinesio Tape was developed after many trials and errors. Noticing that some patients did not respond well to conventional orthopedic treatments, we asked a critical question: is an individual's ability to heal related to the ability of the muscle to move correctly and receive adequate blood flow?

In other words, we recognized that illnesses, disorders of movement, and inflammation could be improved if the circulation to and function of affected muscles were corrected.

Until the invention of Kinesio medical tape was known to be effective for muscle and joint support. However, traditional methods were only for temporary joint protection for sports athletes and the severely injured, not for ordinary people. After all, constant tight taping can cause irritation and itching and reduce circulation, thereby slowing the healing process.

It took years of research and development to perfect Kinesio Tape. Kinesio's materials, adhesive, breathability, and elasticity mimic the human skin while gently correcting the movement of muscles and joints.

THE EFFECTS OF KINESIO TAPING® WITH KINESIO® TAPE

There are four major effects of Kinesio Taping:

1. **Correct Muscle Function:** Kinesio Tape is effective for reconditioning abnormal muscle tension, relaxing tight muscles, and strengthening weakened muscle. It can also relieve fatigue and cramps.
2. **Improve Circulation of Fluid and Lymph:** Kinesio Tape can increase healing response by draining fluid beneath the skin and increasing circulation, resolving inflammation.
3. **For Pain:** Neurological suppression of pain occurs by applying the tape to the affected area, as well as by correcting muscle function and reducing inflammation.
4. **Supporting Correct Joint Positioning:** Kinesio Tape can correct minor and severe joint dislocation due to abnormal muscle tension.

PROPERTIES OF KINESIO TAPE

- Kinesio Tape is made of cotton. It is free of Latex.
- Kinesio tape is breathable and hypoallergenic.
- The tape is applied to the backing paper with 10-15% available stretch.
- The adhesive on the tape is medical grade acrylic and is heat and pressure sensitive. Rubbing the tape after application allows the tape to adhere better on to the skin.
- The thickness and weight of tape is approximately that of skin, also the elastic properties of the tape is similar to skin as well.
- The tape allows free movement and does not restrict like conventional athletic taping.
- Tape can be applied as the paper is being removed off the tape. Majority of the applications will be done with what is called “paper off tension”. This is the tension on the tape as the tape is being applied while removing the paper backing.

CAUTIONS AND CONTRAINDICATIONS

- The same tape can usually be worn for three to five days.
- Depending on condition, you may shower but pat tap dry when finished.
- If you have Deep Vein Thrombosis (DVT) or lymphedema, or are pregnant, consult a healthcare professional before using Kinesio Tape.
- After heavy sweating, replace tape to avoid buildup of salt and bacteria.
- Be sure to remove the tape immediately and gently if there is any skin irritation and/or sensitivity.
- People with sensitive skin should try a test patch. Cut a small piece of Kinesio tape and place it the upper arm, abdomen, or calf. Leave undisturbed for 24 hours. If no reaction other than slight redness from removal has occurred, it is okay to use Kinesio Tape. If the skin has an abnormal reaction such as itching, severe redness, burning, or swelling, discontinue use of Kinesio Tape. You can also try Kinesio Light Touch tape formulated distinctly for sensitive skin.

TYPES OF KINESIO® TAPE:

KINESIO® TEX CLASSIC



The tape that launched an industry! Kinesio continues to provide the world famous design that achieved inimitable results for Kinesio Taping practitioners worldwide. From medical professionals, elite athletes, weekend warriors, soccer moms to everyone (that breathes or moves) Kinesio Tex Classic provides a high quality tape that delivers consistent and dependable results.

- High Grade Cotton for Breathability and Comfort
- Perfect for High Level Stimulation to Target Deep Muscles, Ligaments and Joint Correction
- Provides Support and Stability
- Recommended for High Tension Applications
- Recommended for the I and Y Cut Taping Applications
- Made in the USA & Overseas



KINESIO® TEX PERFORMANCE+



The most comfortable tape you'll ever wear! Kinesio Tex Performance+ offers comfortable wear while syncing the body's natural multi-directional movement. A fusion of Kinesio Tex Gold FP and Kinesio Tex Classic, Kinesio Tex Performance+ provides stability, support and treatment with each application. Kinesio Tex Performance+ targets the fascia and superficial muscles to release pressure by lifting the superficial layers of skin and tissue to ease discomfort. Perform your best with Kinesio Tex Performance+.

- Available With and Without the Kinesio Logo
- Cotton and Polyester Blend for Increased Comfort
- Denim Like Appearance Unique to Kinesio
- Supports Joints and/or Muscles Like an Athletic Tape without Restricting Range of Motion
- Made in the USA



KINESIO® TEX GOLD FP



Kinesio continues to make advancements in technology that continues the ReEvolution and fulfill the original vision; Taping the World for Health. The famous wave pattern provides enhanced and patented Fingerprint (FP) technology and a patented Nano-Touch stimulation to the epidermis and superficial layers of the skin. Kinesio Tex Gold FP mimics a gentle human touch while providing a Micro-Grip deep set adhesive resulting in improved grip and hold with less adhesive surface area.

- Highest Grade Cotton with Improved Breathability
- Targets the Epidermis, Dermis and Fascia
- Protected Weave Process Provides Improved Comfort
- Patented Technology
- Recommended for Low Tension Applications
- Recommended for EDF Taping Applications for Pain Management and Edema
- Made in the USA 

KINESIO® TEX GOLD LIGHT TOUCH+



East meets West with the new Kinesio Tex Gold Light Touch + Tape (LT). Kinesio does it again by providing a unique formula gentle enough for all skin types. More than a pediatric tape, LT is the perfect solution for any patients not previously candidates for elastic therapeutic tape. From pediatric to geriatric to anyone with a tendency to skin sensitivity, LT is the only choice. LT targets the dermis and superficial fascia skin layers, attracting fluid and creating space in the dermis area. The result is a multi-directional soft motion that allows for a shift of misaligned tissue into its correct position by means of light stimulation similar to memory foam.

- High Grade Cotton for Breathability and Comfort
- Micro Air Pocket Technology
- Targets the Epidermis, Dermis and Fascia
- Wearable for up to 24 Hours
- Recommended for Low Tension Applications
- Made in Japan, Packaged in the USA



Color:

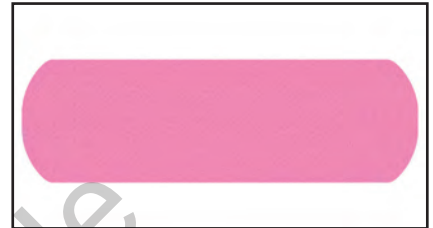
Kinesio tape is available in a number of colors. The Tex Classic, Tex Gold FP, Tex Performance+ is available in Blue, Red, Black, and Beige. The Tex Performance+ is also available with the Kinesio logo and has a number of additional patterns and designs. The Tex Gold LightTouch+ is available in pastel orange, green, purple, pink, yellow and blue. The color is a matter of preference--different colors do not mean different tape.

COMMON SHAPES:

Kinesio's unique attributes allow it to be cut to fit the affected area. I-Cut Y-Cut, and X-cut strips are typically used. The length of the tape indicated in the book can be considered standard. However, it may be modified according to the user's size. Measure the area of application before cutting the tape.

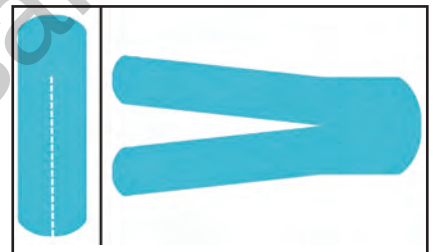
I-Cut:

Cut to the length for application. Round each end.



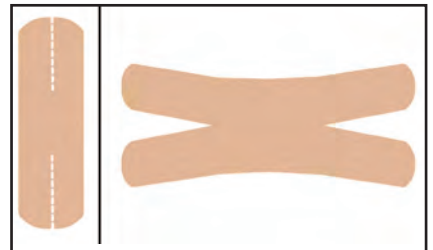
Y-Cut:

Cut the tape in an I-cut, cut down the middle to the specified length. Round each end.



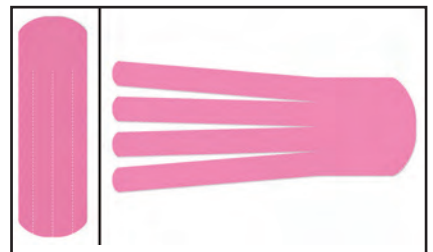
X-Cut:

Cut the tape in an I-cut, cut the tape from both ends to form an X-cut. Round each end.



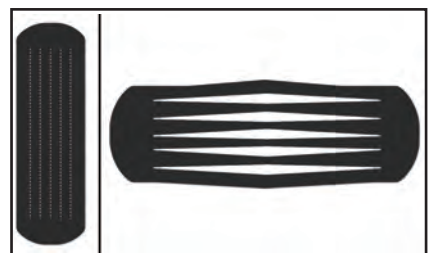
Fan Cut®:

Cut the tape in an I-cut. At one end, cut 3 lines to create a 4 tail fan effect, leaving 1-2" at the end for the anchor. Only the base of the cut is rounded.



Web-Cut:

Cut the tape in an I-cut. Fold tape in half, cut 5 lines on the fold of the tape, leaving space at the end for the anchor. Both ends are rounded.



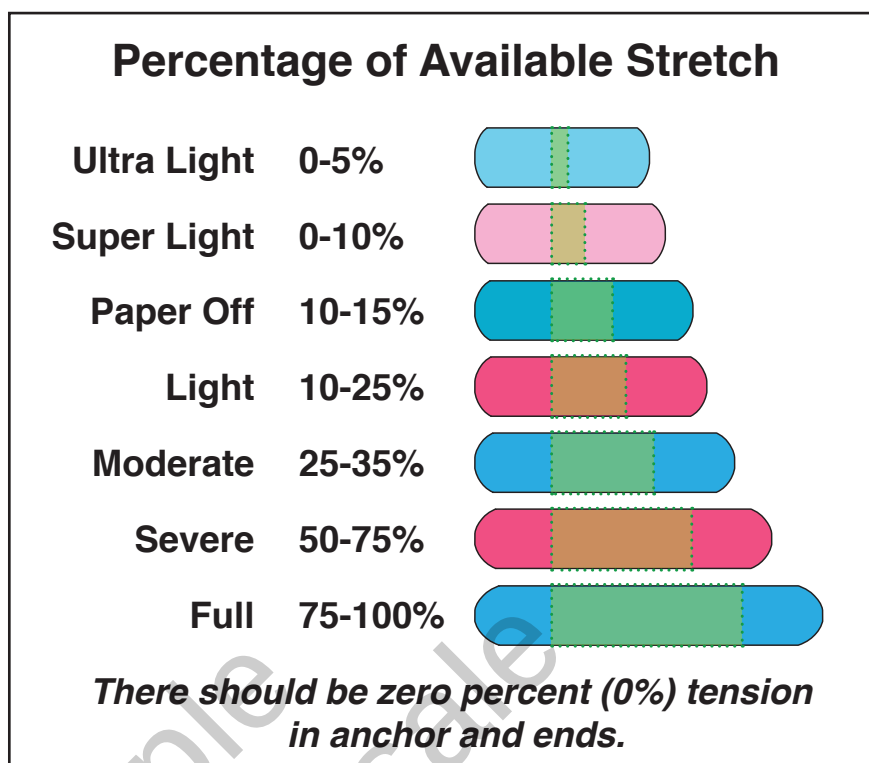
KINESIO TAPING METHOD

GENERAL PRINCIPLES OF KINESIO TAPING

- When the painful area is obvious, apply the tape at the affected area (e.g. muscle, joint). Otherwise, apply as indicated in the instructions.
- Stretch the muscle as much as possible away from the application when applying the tape. An indication of a good application is that as the muscle relaxes, the tape wrinkles slightly.
- Remove the backing gradually during application to avoid tangling the tape.
- If pain feels worse or there is pinching after application, remove and reapply the tape.
- Anchor: The anchors are a portion of the tape that has no tension applied. It is typically the first 1-inch to 2-inch (2.5cm to 5cm). Majority of the time it is the starting end of the tape. However in some taping applications it can be at both ends, in the middle, or it is applied at the finishing ends.
- Ends: The last part of the tape that is laid down with down with no tension.
- Tail: The tail is the portion of the tape that tension is applied to the tape. This is the working part of the tape. This typically starts at the anchor and then goes to the finishing end of the tape.
- Tension: The amount of stretch applied to the tape; specified as a %.
- Paper-off Tension means right off the paper. Tape has 10-15% tension off the paper backing.
- One can shower and /or bathe with tape on. Be sure **not** to use a hair dryer to dry the tape. This can cause the tape to adhere too aggressively to the skin. Use a towel to dab tape dry.
- The majority of taping typically stays within the 10-15% tension (paper off) of available stretch for taping applications. (Most skin irritation is due to too much tension being applied to the tape).
- Apply the tape approximately 20-30 minutes prior to an activity that has exposure to heat or sweat such as in a sporting activity.
- Application of the tape can be done over a slight amount of hair. However, if there is too much body hair, the tape will not have enough tape to skin contact to be effective. Clipping or shaving the hair may be needed.
- Prior to tape application, make sure the skin is clean. The skin should be free of oils, lotions and be dry. Anything that limits the acrylic adhesive's ability to adhere to the skin will limit both effectiveness and length of application. A spray adherent or skin preparation wipe can be used on skin that has difficulty keeping the tape adhered. Be careful of children, older adults and any other person with sensitive skin.
- When taping moist areas such as the bottom of the feet or hands, a more water-resistant Kinesio Tex Tape may be used.
- Lightly rubbing the tape activates the medical grade acrylic adhesive. This encourages the tape to adhere quickly to the skin.
- After several days the acrylic adhesive will have become quite strong. During the first few days, if an edge of the tape has begun to lift, it can be trimmed.

TAPE STRETCH/ TENSION LEVEL

Proper tension is an important factor in an application's success. Generally, the terms stretch and tension are used interchangeably and for the Kinesio Taping Method have the same meaning. The term stretch is applied to the amount of elasticity in the Kinesio Tex Tape or movement of a body part. Tension is the term used when applying Kinesio Tex Tape to the skin within the guidelines. Each Kinesio Tex Tape application requires a specific range of tensions to be most beneficial. If too much tension is applied, the effects are diminished and may cause it to be uncomfortable and even irritation to the skin.



*The correspondences above are only suggestions. Remember that tape applications are at the discretion of the trained and knowledgeable clinician applying it. *Always use low tension if you are unsure.*

REMOVAL OF TAPE FROM PAPER BACKING

There are two main tape removal methods:

1) Roll Method:

To smoothly remove the paper backing, hold the tape vertically, place your index finger on the top edge of the tape. Then by pulling back or flexing your index finger towards your body, the tape will peel from its backing.



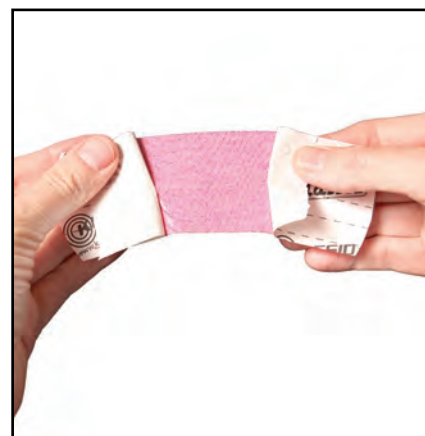
2) Tear Method:

Gently pull paper to create tear across tape strip. Pull paper backing away from tape.

Any contact with the acrylic adhesive will diminish its adhesive abilities. Try to touch the adhesive as little as possible.

When removing Kinesio Tape, from the paper backing, only remove the amount required to begin the application. Once the beginning piece is applied then peel the remaining paper backing away.

If care is not taken in the removal of the paper backing from the Kinesio Tape, it may roll back and adhere to itself, making application difficult.



REMOVAL OF TAPE FROM SKIN

Remove Kinesio Tape after three to five days or as recommended in the text of this book. It is more comfortable to gently remove the tape in the direction of hair growth.

There are three main tape removal methods:

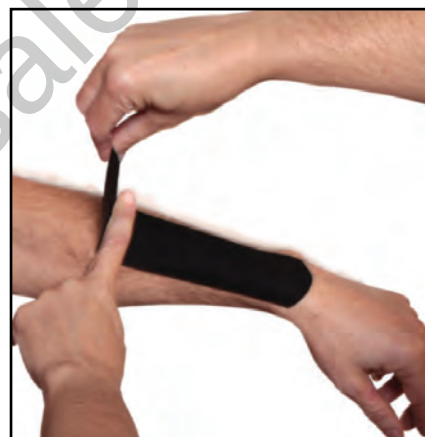
1) Rolling Method:

Remove tape in the direction of hair growth to minimize pain. Begin at the edge rolling it gently toward the other end.



2) Pressure Method:

Use one hand to begin removing the tape from the end of the taping closest to your spine. Using the index finger of the other hand, press down on the tape just past where you are pulling.



3) Skin from Tape Method:

With one hand, begin removing tape. With the other, press down on skin behind the tape you have already removed to separate the skin from the tape.



If these methods are too difficult, try applying oil or rubbing alcohol until the tape is saturated. And then gently remove.

Some people assume that they should remove the tape after the glue softens after taking a bath. This should not be done. Skin is also softened, so it may hurt the skin.

The tape's adhesive is 100% medical grade, acrylic, and heat-activated, so be careful with anything that heats up the tape. For example: heating pad, sauna, hot tub, blow dryers or infrared modalities.

NOTES : _____

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CHAPTER ONE

HEAD

MANY HEAD RELATED SYMPTOMS ARE CHRONIC
SUCH AS HEADACHE, DIZZINESS, SINUS, ETC.
SOMETIMES IT IS A SIGN OF SERIOUS ILLNESS.



1 TENSION HEADACHES

There are many types of headaches, but perhaps the most common is the tension headache. It can be caused by neck strain and is common from work stress and many types of exercise.

SYMPTOMS:

Keeping the same posture for a long time may cause a stiff neck, headache, and dull pain at the back of the head. This type of headache is called a muscle tension headache.

MATERIALS NEEDED:

Kinesio Tex Classic

- Y-Cut: 5cm (2-in) wide by 15cm (6-in) long with a 2.5cm (1-in) base
Tension: 10-25%



EFFECTS OF TAPING:

The pain will diminish and the neck will feel looser. You may also feel an increase in energy.

POINT OF TAPING:

Apply the tape around the vertebrae in the neck.

1. Measure and cut tape. Round the ends. Bend the neck forward from a sitting position. Place the base of the tape at the hair line at the back of the neck. (Do not place tape directly on the hair.)
2. Place each tail downward around the cervical vertebrae.
3. Completed application should be symmetrical.

NOTE: Lightly place the base of Y-Cut tape and remove the backing slowly to avoid sticking together or tangling.



CHAPTER FOUR

ARM AND HAND

MANY ARM PROBLEMS ARE ATTRIBUTED TO MUSCLE PROBLEMS FROM SPORTS AND WORK. TAPING WILL HELP TO HEAL QUICKER, BUT AVOID EXCESSIVE USE OF ARM.



7

CARPAL TUNNEL SYNDROME

Carpal Tunnel Syndrome is most commonly observed among computer users who constantly use their fingers.

SYMPTOMS:

You have pain, dullness, heaviness, paralysis, or swelling in the fingers from overwork. In severe cases, you may have cold or numb fingers, muscle shrinkage, and cyanosis (blue skin).

MATERIALS NEEDED:

Kinesio Tex Classic

- X-Cut: 5cm (2-in) wide by 30-40cm (12-16-in) long with a 5cm (2-in) cut on one end and a 10cm (4-in) base
Tension: 10-25%
- I-Cut: 5cm (2-in) wide by 10cm (4-in) long
Tension: 10-25%



EFFECTS OF TAPING:

Pain and numbness will diminish quickly. For chronic symptoms, re-tape every three days. In the case of severe pain, consult a doctor.



POINT OF TAPING:

Taping will be applied to finer tendons, wrist joints, and the front part of the forearm muscle. The tape should also reach to painful areas and improve lymph flow to facilitate healing.

1. Measure tape from just past the wrist to the elbow. Cut your X-Cut and round the ends. With the palm side up, place the base of the X-Cut at the wrist. Extend the hand backward and extend one short tail of the X-Cut to the thumb. Extend the other to the base of the finger.
2. Extend one of the long X-Cut tails to the most prominent part of the inner elbow. Extend the other along the inside of the arm and ending just inside of the elbow crease.
3. Wrap the I-Cut around the wrist starting below the thumb on the palm side and ending below the pinky on the palm side.

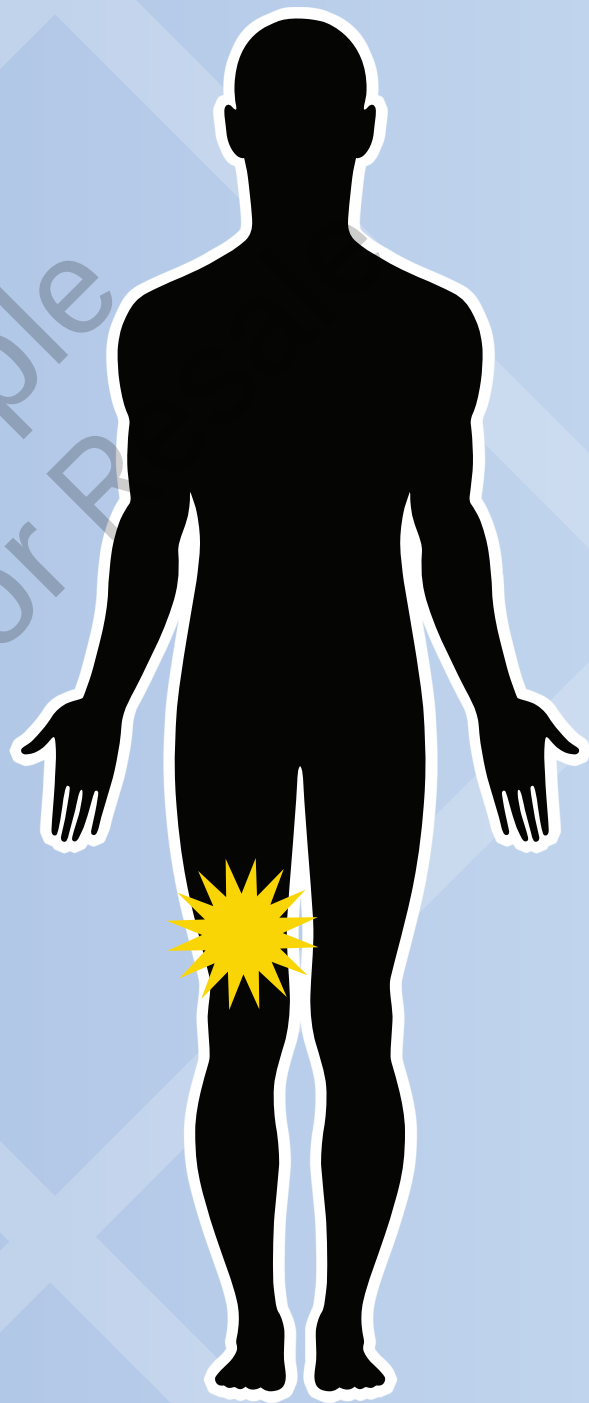
NOTE: Slightly pull the I-Cut during application. This taping may need to be repeated every three days for an extensive period of time before a complete recovery.



CHAPTER EIGHT

LEG

TORN MUSCLE, SPASM, OR SPRAIN MAY OCCUR DURING SPORTS ACTIVITIES OR EXERCISE. KINESIO TAPING IS EFFECTIVE NOT ONLY FOR MUSCLE PROBLEMS BUT ALSO FOR JOINTS.



8 OUTER ANKLE SPRAIN

A sprain is the tearing or stretching of ligaments that hold together bone that ends in a joint, and is caused by an excessive sudden pull. The fibrous capsule that encloses the joint may also be damaged, which is the most common injury to an ankle or knee. The symptom is similar to a dislocation, and early treatment is required.

SYMPTOMS:

Most ankle sprains are an outward strain which occurs when the ankle is twisted outward. A sprain causes painful swelling of the joint and under tissue bleeding. Different from dislocation, the joint will not be deformed. Consult a doctor in severe cases such as torn ligaments, broken or a cracked bone.

MATERIALS NEEDED:

Kinesio Tex Classic

- I-Cut: 5cm (2-in) wide by 40cm (16-in) long - 2 pieces
Tension: 10-25%

Kinesio Tex Performance+

- I-Cut: 5cm (2-in) wide by 30cm (12-in) long
Tension: 25-50%
- I-Cut: 5cm (2-in) wide by 15cm (6-in) long
Tension: 25-50%



EFFECTS OF TAPING:

Pain and swelling will diminish after applying the tape. Continue to wear the tape after the pain is gone as the injured ligaments and muscles take a long time to heal.

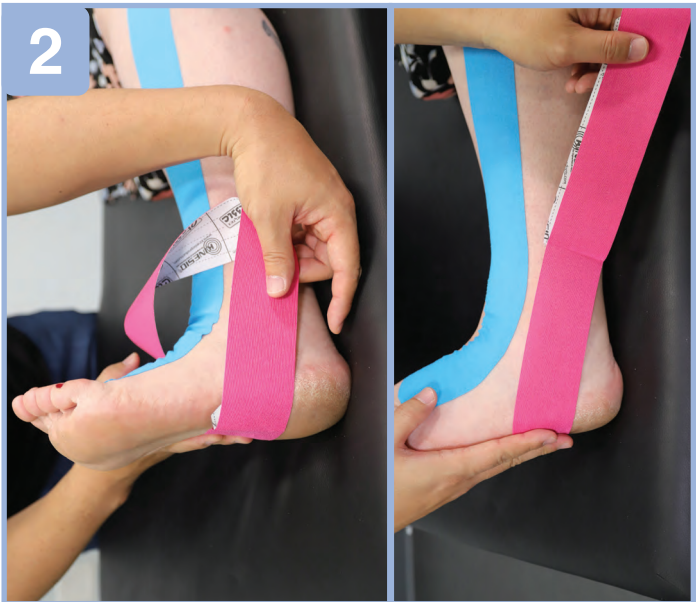


POINT OF TAPING:

Taping is used to protect the injured ligament and to support the muscle from ankle to shin.

1. Measure and cut tape. Round the ends. Lie back and point the toe. Place one end of the 16" long tape along the top of the foot and extend just below the knee.
2. Place the other 16" long I-Cut at the heel, facing the outer calf. Extend to the tape up the outer calf.
3. Place the center of the 6" long tape at the front of the foot joint while pointing the toe. Extend both sides of the tape toward the heel.
4. Place the center of the 12" long tape along the arch of the foot and extend each side of the tape to lift the arch upward.

NOTE: Taping for sprain can be for prevention and fixation. All tapes, except the shin tape, should be pulled slightly during application.



LEARN THE KINESIO TAPING METHOD!!!

Education is the crucial element of the Kinesio Taping® Method that influences its effectiveness and underlying philosophy of care. Kinesio® Online Courses contain training for every function, at all levels. Select from beginner-to-advanced courses across core functional areas - including taping fundamentals, basic taping applications, animal care, EDF® and more. Learn from industry experts who are passionate about teaching and taping.

Some of the Kinesio Taping® Method and Kinesio Medical Taping specialized advanced level Kinesio Taping® courses:

- Specialty Pediatric Concepts of the Kinesio Taping® Method
- Specialty Neurological Concepts of the Kinesio Taping® Method: Influencing the Adult Nervous System
- Specialty Concepts Hand Therapy
- EDF® Foundations & EDF® Advanced Courses
- Specialty Lymphatic Concepts of the Kinesio Taping® Method
- Specialty Sports Orthopedic Concepts of the Kinesio Taping® Method

And more ...

Please visit our website www.kinesiotaping.com to learn more about Kinesio® specialty courses, books, and look into our new live and online on-demand Kinesio® courses! **CEUs are available.**

If you have any questions please contact us at: info@kinesiotaping.com

KINESIO TAPING® PERFECT MANUAL

Pain, such as back pain, shoulder stiffness, and neck pain are hard to treat. These pains are often the result of a modern life and more and more, people are looking for alternative methods and home remedies to treat their conditions. Medications can mask symptoms, but they have side effects and are rarely long-term solutions. Dr Kenzo Kase® founder of Kinesio® and the inventor of Kinesio Tape and the Kinesio Taping® Method first introduced Kinesio Taping to his patients in the early 1970's. He found that the proper application of the tape could help release the body's own natural healing power.

Today, the Kinesio Taping Perfect Manual 2nd Edition teaches users how to properly apply Kinesio Tex brand tapes to help the most common everyday conditions and sports injuries, including Carpal Tunnel Syndrome, Low Back Pain, Plantar Fasciitis, and Jumper's Knee, to name a few. The book addresses the basic techniques of applying the Kinesio Taping® Method as a natural treatment modality based on the body's natural healing process. Kinesio Tape works with the amazing properties of the skin and the structure of the skin layers.

Kinesio Taping Perfect Manual 2nd Edition is based on clinical results and over 40 years of research. This is a book for general users such as teachers, parents, friends, coworkers, etc. The applications in this book are explained as simply as possible with step-by-step photos so it will be easy for those that may have never tried Kinesio Tape or the Kinesio Taping Method to use them.



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Taping the World for Health

