

AdvanceHealing

Issue 1 • 2022

real science. real research. real results.



4 DR. FAVIA
DUBYK

10 2021 CKTI
OF THE YEAR

16 CANINE & EQUINE
WEBINARS

The Power of **LIVE DIFFERENT**



It's been over 50 years since Dr. Kase first invented the Kinesio Taping® Method to become the founder of the industry known as Elastic Therapeutic Taping. Even if a practitioner is utilizing another tape brand to treat their patients the relief the patient experiences is still thanks to Dr. Kase and his invention. Today the Kinesio Taping Method has become a global presence with worldwide learners who tell the stories of how the tape has changed their lives and the lives of their patients.

Kinesio Taping is very a very different sort of company where the focus is on the body's ability to return to health. Health according to the World Health Organization, is "a state of complete physical, mental and social well-being." Kinesio Tape is a medical modality that has helped many athletes, treated a variety of injuries and helped clients to improve their daily activities.

The Kinesio® Live Different Campaign is about people and how Kinesio Taping has transformed their lives. Our product Kinesio Tape is not an isolated product it works so well because of the training and expertise of our practitioners. Anyone who takes one of our courses through Kinesio University®

comes away with assessment techniques and applications appropriate for the conditions that they will be treating.

Kinesio Medical Taping is our new frontier based on new science and advanced post-surgical taping techniques. At Kinesio HQ we are inspired by a passion to help people live healthier lives and we are empowered by a belief in the natural healing processes of the body. At every level, our Kinesio education incorporates the foundational concepts, assessment techniques and rigorous clinical testing along the way to ensure every patient or athlete will receive the most effective care.

I don't know of any other company in our industry that offers the same level of expertise to advance healing. Thank you for being part of this journey with us!

Mona Angel
Advance Healing Editor
Kinesio Headquarters, Albuquerque, NM

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LIVE DIFFERENT

We're inspired by the passion to help people live healthier, happier lives. It's the reason why Dr. Kenzo Kase® has dedicated his life to the creation of an alternative healing method, tool, and continuous demand for improvement and invention.

Together, we are driven by the collective belief in the power of natural healing, education and wisdom to drive innovation. We're here to help empower people to take care of their patients, themselves, and their loved ones. With our specially formulated ingredients, vigorous quality checks, and passion for educating others, we look at healing differently. A different approach to healing that makes a difference...to LIVE DIFFERENT.

Live different has 4 elements: Pride, Science, Wisdom, and Challenge.

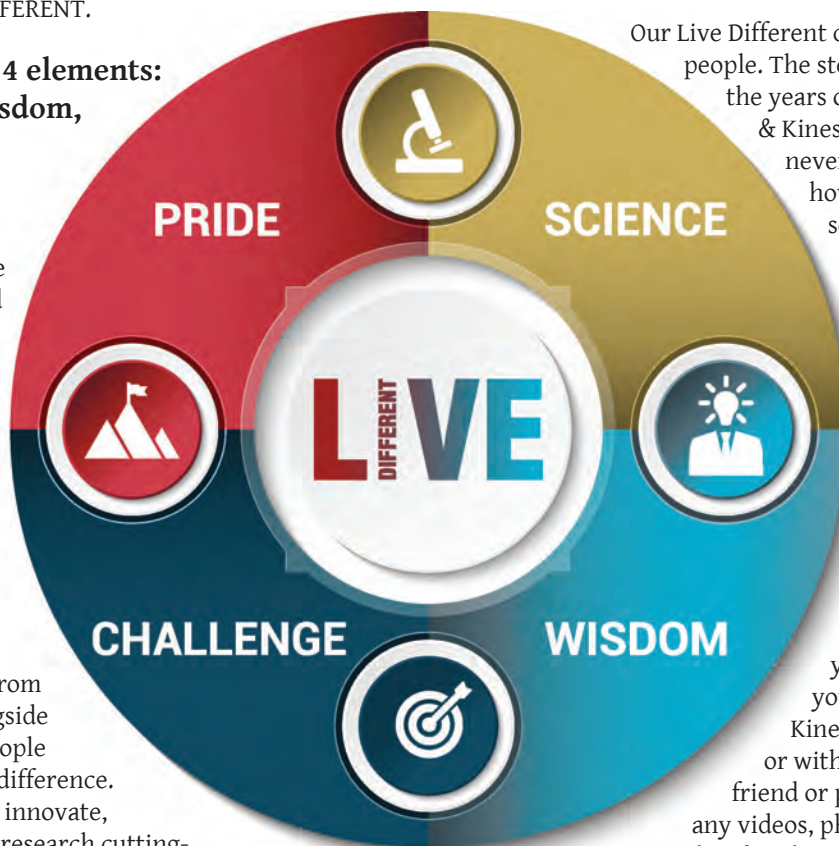
Kinesio® products are proudly made in the USA where we combine science, research based wisdom, and a long history of challenging current thinking in all our tape and education.

We do what we do because we want to change the path and focus of treatment. Inside Kinesio, you'll find medical practitioners from around the world alongside talented, passionate people with a drive to make a difference. They work tirelessly to innovate, strive for the best, and research cutting-edge elastic therapeutic tape advancements to make it happen.

Kinesio has been innovating since the very beginning - from making the world's first elastic therapeutic tape which is clinically proven, doctor recommended, and the hospital preferred tape around the world. Nothing is more important to us than the health of patients. That's why we make sure our products meet or exceed our 12-step quality check before leaving our U.S. based manufacturer.



Kinesio University®, home of Kinesio Taping® education, is the only organization that is 100% dedicated to advancing and spreading knowledge of the Kinesio Taping Method and its benefits. We are committed not just to training medical practitioners, but to training every and anyone, with the skills, knowledge, and confidence to apply the Kinesio Taping Method to achieve exceptional results.



Our Live Different campaign is about people. The stories we've heard over the years on how Kinesio Tape & Kinesio Taping has helped never gets old. It's amazing how a special mixture of some fabric, adhesive and knowledge can result in so many transformed lives. It's about the way Kinesio has changed their lives, giving them the ability to Live Different.

We'd love to hear your stories and experiences. If there is a "Live Different" story, you'd like to share about your experiences using Kinesio tape on yourself or with a family member, friend or patient - please submit any videos, photos and text to socialmedia@kinesiotaping.com or tag Kinesio with the hashtag #KinesioLiveDifferent. ♦



Learn More: [TapeWithWisdom.com/LD](https://www.TapeWithWisdom.com/LD)

KINESIO TAPING® PERFECT MANUAL 2ND EDITION

THERAPEUTIC TAPING TO HELP CONTROL DISCOMFORT AND MUSCLE AILMENTS.

Training how to treat common conditions both in the clinic or at home.

Kinesio Taping Perfect Manual 2nd Edition is a hands-on book designed for general user and practitioner use. Readers will find in the book information on conditions, the condition's symptoms, effects of the taping as well as the materials needed. **It teaches users how to properly apply Kinesio Tex brand tapes to help the most common everyday conditions** and sport injuries, such as Carpal Tunnel Syndrome, Herniated Disc, Plantar Fasciitis, as well as acute and chronic pain management.

This book is 145 pages, fully illustrated with easy-to-understand **step-by-step instructions for 55 taping applications**. The applications in this book are explained as simply as possible so it will be easy for those that may have never tried Kinesio Tape or the Kinesio Taping Method.

Included in the text is how to cut the tape, where to place it and the body positioning needed for that taping application. Additionally, this edition includes the amount of tension or stretch recommended for the best results.



READERS WILL LEARN:

- What is and types Kinesio Tape
- Development and effects of Kinesio Tape
- General principles of the Kinesio Taping Method
- Different tape cuts
- Tape tension or stretch
- Tape removal and care
- Dos and Don'ts
- Taping steps for 55 taping applications
- Plus 2 advanced Kinesio Medical Taping



ABBREVIATED CHAPTER LIST

Chapter One: Head

1. Tension Headaches
4. Nasal and Sinus Congestion

Chapter Two: Neck

1. Pain or Stiffness Tilting to the Side
2. Pain or Stiffness with Rotating the Head

Chapter Three: Shoulder

1. Stiff Shoulders
2. Shoulder Pain (Frozen Shoulder)

Chapter Four: Arm and Hand

3. Golfer's Elbow (Inner Elbow Pain)
7. Carpal Tunnel Syndrome

Chapter Five: Back and Lower Back

7. Herniated Disc
8. Sciatica

Chapter Six: Chest

1. Shortness of Breath (Palpitations)
2. Asthma

Chapter Seven: Abdomen

1. Side Pain/Discomfort
2. Menstrual Cramps

Chapter Eight: Leg

3. Knee Inflammation
4. Varicose Veins

Chapter Nine: Foot

1. Flatfoot
3. Athlete's Foot/Foot Swelling

Chapter Ten: Other

1. Small Bruising
2. Large Bruising

• Kinesio Taping® Perfect Manual taping applications can be used for initial injury acute, sub-acute, chronic and rehabilitation stages in a clinical care environment, or in the home. **Kinesio Taping® is used in hospitals, clinics, athletic training and rehabilitation facilities.**

• Kinesio Taping® Perfect Manual introduces some groundbreaking applications and concepts that are innovative in medical taping industries. **These techniques are much safer and less invasive than many other medical treatments in use.**

• Kinesio Taping® is **backed by over 3,000 studies**, case reports and has evolved from **40+ years of clinical validation.**

• Kinesio® Tape products are hypoallergenic, latex-free, **Class 1 medical device** that are manufactured or packaged in a **USA based, ISO: 9001 and ISO: 13485 facility** and go through vigorous **12 step quality check.**

FOR MORE INFORMATION, PLEASE VISIT: TAPEWITHWISDOM.COM/PM2

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KINESIO
UNIVERSITY
Taping the World for Health



Introducing Dr. Favia Dubyk

Hi everyone! I'm Dr. Favia. I'm a professional rock climber, American Ninja Warrior, and a hematopathologist- a physician that specializes in blood and lymph node diseases. I've been using Kinesio tape for several years now and I am so excited that I've transitioned into a bigger role at Kinesio as director of public relations and chairperson of the international research committee.

I'd like to backtrack a bit and tell y'all how I first discovered Kinesio tape.

In 2016, I started ramping up my rock climbing training on a device called a hangboard. A hangboard is typically a wooden board with slots cut out at different depths that you hang from to strengthen your fingers. I had no coach to teach me proper form, so I ended up using bad technique for a year until a 13-year-old corrected me. By then, the damage had been done and I had torn my rotator cuff. I looked for compression sleeves for shoulders, but couldn't find anything that I could climb in. In the hunt for shoulder support, I discovered Kinesio tape. I looked up videos on how to tape for rotator cuff injuries and taped myself up. My shoulder felt instantly better. With the tape on, my shoulder felt as if it had returned to full strength. Thanks to Kinesio tape, I didn't have to miss a day of training and I was still able to fully heal my tears. This was when I knew Kinesio tape was something special! Now I keep Kinesio tape on me at all times, in case someone climbing has an injury that could benefit from tape.

As I mentioned earlier, I am a pathologist. We are most famous for doing autopsies, but we do so much more. We run the lab, so anytime blood, urine, stool, etc is taken from a patient, it comes to us! Our biggest job is to make diagnoses. Whenever a tissue sample is taken from a person- whether it be a piece of skin,



liver, or lymph node, it comes to us. We process it and look at it under the microscope. Based on the cells present, pathologists can render a diagnosis, ranging from cancer to infection to autoimmune diseases. After finishing my residency in anatomic and clinical pathology where I generally studied the diseases of the body, I went on to do a fellowship in hematopathology. I diagnosed lymphomas, leukemias, anemias, and more every day. I chose this specialty because during my third year of medical school, I was diagnosed with advanced stage cancer. This was an absolutely devastating diagnosis that changed the rest of my life. I lived in the hospital for a month while I waited for the pathology report on my 13 cm chest mass. I needed the pathologists to tell me what sort of cancer I had so I could move on to treatment. It was during that month that I realized how important pathology is to patient care. I told myself, if I survive, I am going to become a pathologist! I had to endure months of chemotherapy and many surgeries, but here I am! Alive and well and a pathologist!!

Pathology is a great fit for working at Kinesio. I've spent the last several years looking at the details of the skin among other organs at a microscopic level and leading research projects. Now I am able to use my expertise here at Kinesio! I will be devising research projects on the benefits of Kinesio and guiding others with their research. I'm working on bringing back the Research symposium. In addition, I will be filming new and fun educational videos. For example, I'm starting a new series on YouTube called "Kinesio's Journal Club", where I will regularly present published research on Kinesio tape.

I am so excited to be a part of the Kinesio team and look out for my videos in the future! ♦



for girls sake & Kinesio Stick Together



When 80 women tennis players get together for the annual Forgirlsake Women's Doubles Tennis Tournament (FGSO) there is some serious athletic fun. It's friendly competition for a great cause, but you won't find a participant in this 40+ crowd who doesn't play hard. Tennis is a physical sport, and you can imagine how appreciative everyone was to have on-site physical therapists using Kinesio provided taping products.

Forgirlsake, founded in 2006, is a charity that brings women of all ages together to support girls' education around the world, and the FGSO, which raises roughly \$10,000 each year, is the organization's signature fundraiser event. Held outdoors on a beautiful sunny day in September at Newton North High School in Newton, MA, all the courts were filled, and as in the previous seven years, it was a huge success. High fives and fist pumps filled the air, with everyone doing what they love to do most, while supporting a cause they feel passionate about, girls' education. The FGSO is a win-win-win event.

This year Forgirlsake is supporting 2,500 girls in Uganda. The Pandemic interrupted the sexual health education and reusable menstrual pad program, but Forgirlsake stepped in to make sure that educational materials are being delivered to the girls' homes to keep them engaged while they are out of the classroom. Elizabeth Ross, Co-Founder of the Kasiisi Project and Forgirlsake's on-the-ground partner, attended our event and explained how the educational initiatives have had an impact in keeping girls in the classroom.

Setting a record this year, registration was filled several weeks before the event, and we had tremendous support from local and national sponsors who formed our pop-up village and donated to our extravaganza raffle. From tennis bags to athleisure clothing to I LOVE TENNIS candles, the FGSO is a great time for playing, socializing and supporting local vendors. The event was especially fulfilling, having been canceled during the pandemic year of 2020.

Forgirlsake co-founder, Stephanie Zelman, along with the organizers of the FGSO, Sami O'Reilly, Noura Guerhazi, Emilie Kendall and Deb Cronin Strymish, are grateful to all the players, women coaches, and sponsors, including Kinesio, who, for the second time, donated Performance+ tape for the matches along with pre-cut knee and wrist tape for all the players. A big thank you to Kinesio for helping Forgirlsake support its mission of educating girls in order to build thriving communities and more equitable societies! For more information on the FGSO event, Forgirlsake education projects, or to make a donation, visit www.forgirlsake.org. ♦



Spiced Cider

A cup of apple cider brings comfort in a cup with its sweet, familiar taste and delicious, warming spices like cinnamon and nutmeg. Apple cider is a great digestive aid and is very soothing to the digestive tract sipped before or after a meal. It also helps to reduce stress damage and keep the body energized and active.

Cinnamon is very good for reducing inflammation in the body making it helpful for people with autoimmune disorders such as fibromyalgia and chronic fatigue syndrome. Cinnamon also has the ability to stop yeast infections, candida, and menstrual cramps.

Hot Spiced Cider Recipe

- 1/3 Cup Packed Brown Sugar
- 2 Teaspoons Whole Allspice
- 4 Sticks of Cinnamon
- 1 Bag Frozen Raspberries
- 1 Orange Sliced
- 2 Apples Sliced
- 1 Gallon Apple Cider
- 1 64oz container Cran-Raspberry Juice
- 1 ½ Cups Spiced Rum or Brandy (Optional; alcohol will boil out)

Add all ingredients to a crock-pot and cook on High for 2-3 hours. Strain all the fruit and spices before serving.

Exclusively for the Kinesio® Taping Method

KINESIO® TEX
GOLD

EDF® PRE-CUT

PRECISE CUT EVERY TIME



HYPO-ALLERGENIC



LATEX-FREE



MULTIPLE DAY WEAR



WATER-RESISTANT



100% COTTON



EDF APPLICATION

EDF® taping is Dr. Kase's revolutionary treatment that creates additional lift in the skin layers for improved circulation, swelling and pain management. Kinesio Tex Gold EDF Pre-Cuts **save valuable time and provide a precise cut every time.** Made with Kinesio Tex Gold FP, the thinner cut provides additional lift with/by stimulating nerve cells at the epidermis, dermis & fascia skin layers.

Kinesio Taping® Method Benefits:

- Provides Comfortable Effective Stimulation to Target Area
- Manages Discomfort
- Fast Recovery
- Use EDF Layering to Adjust the Lift and Stimulation of Target Area
- Lighter Lift Feels Like Second Skin

PCEDF - 2.5cm x 15cm (2"x5.91")

Product Benefits:

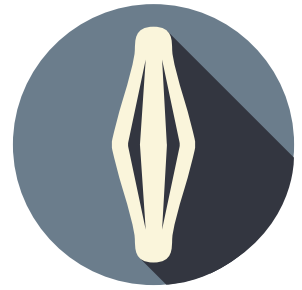


- Made in the USA
- Precise Cut Every Time
- Valuable Time Saver
- Eco Friendly Dispenser Box
- 20 Blue, 20 Red and 20 Black Pre-Cut Strips



Learn More:
TapeWithWisdom.com/edfprecut

Kinesio Medical Taping for Cranial Nerve 5 (CN5V3) on The Mandible



Judith Macias-Harris
M.S., CCC-SLP, BSLP, CKTI

Logopedia Speech Therapy
Services, PLLC
Chandler, Arizona, USA

- Trigeminal CN5V1,2,3 are a mixture of both sensory/motor nerves.
- Cranial Nerve (CN5V3) is the only tri-branched nerve in charge of sensory/motor functioning for biting and chewing.
- The lower branch (mandibular nerve-V3) contains both motor and cutaneous (“sensory”) functioning, and is the only branch that provides innervation to the tensor veli palatini, a “levator” that supports other muscle group elevators for velopharyngeal closure.
- Trigeminal stimulation is conceptually allied with vagus nerve stimulation and is plausible to occur at the external auditory canal through cutaneous stimulation (Fisher, 2011).
- EDF Taping provides a technique to stimulate the body’s neurologic system through the surface of the skin, specifically using the “epidermis” protocol (Kase, 2014).

It is judged that Epidermis, Dermis, and Fascia (EDF Taping) taping strategies with Kinesio Tape may provide adequate stimulation of CN5V3 to affect behaviors associated with cognitive and swallowing function.



Cut and Tension: One, 3” block, cut into four individual “I” strips. Each “I” strip is then cut into 2-3 web cuts.

Placement (Distal to Proximal) for superficial and sensory stimulation:

1. Anchor at the end of the mandibular foramina. (A)
2. Separate the (2) or (3) strips along the superior/inferior areas along the mandible with no tension.
3. End at the area associated with the external auditory foramen (behind the ear). (B)



Tell us about your family?

Married to Omar for 18 years. We have two children, Leon (13) and Isabella (9). Omar and I are both physical therapists. We like to stay active and as a family we go to Taekwondo school together. We like being able to spend time together as a family.

Why did you choose to become a PT?

My father had a lot of influence in this. He researched and introduced me to the profession. Father knows best, they say. He chose a very good profession that fits my personality. Also, when I was young, I was very close to both my grandmothers. One of them died due to a second stroke and my other grandmother died due to complications from diabetes. I was very young then and could not help them. I didn't know how. Throughout my PT career, I have been able to help patients that suffered from stroke and or complication from diabetes. I think deep inside it's my way of helping my grandmothers. I miss them dearly.

Tell us a little more about your professional experiences?

I graduated physical therapy school in 1997 in Cebu Doctors' University. Moved to the US in 1998 and first practiced in a skilled nursing home setting. I've had experiences in multiple settings such as acute hospital, outpatient and LTACH. I currently work for Encompass Health - Home Health & Hospice as Vice President of specialty programs. I've been with Encompass Health for the past 13 years.

It was when I worked in an outpatient setting in 2000 that I was introduced to the Kinesio Taping Method. My colleagues were CKTPs and they taught me basic taping techniques. I fell in love with it when I saw an

overwhelming positive outcome with the taping method. How could a taping technique decrease pain in less than 2 minutes? It's faster than when I take a pain pill! I got curious and started researching and learning more about it. I wrote case studies and started openly educating the public about the taping method. I remember being on radio and TV talking about it and presenting a taping technique. I also wrote multiple articles in the local newspaper. The case studies and public service helped me with my application to become a CKTI. It has become a passion of mine since then.

What do you consider to be your strengths?

I would say, I am organized, process oriented, collaborative and willing to teach anyone that is willing to learn. I like investing in people that are open to learning new concepts.

What is your favorite Dr. Kase story?

I still remember when I went through my first certification course in 2004. There was a panel of examiners and Dr. Kase picked my name. He asked me to tape a certain muscle. After I performed the taping technique and explained the rationale behind why I chose that technique, Dr. Kase took the time to let the whole class know he was very impressed by my work! I think I cried that day!!! It was an amazing feeling.

What is your favorite Kinesio story?

There are so many stories to share. One that comes to mind is a former football quarterback. He said he hurt his hip from playing and had surgery. For many years, he has not been able to have full range of motion without pain. He took my certification course and during the class, he volunteered to be taped on his hip. Prior to taping he was able to perform full range of motion but with 4-5/10 pain



towards end range. After taping, it went down to 0-1/10 and able to move it better. I could see the amazed look on his face! He just couldn't believe it. He said he wished he would have known about the Kinesio Taping Method long ago and not had to suffer pain for many years. That story is only one of many stories.

How has your role as a Certified Kinesio Taping Instructor evolved?

I have always enjoyed teaching on site. I like being hands on with my students. Being able to give feedback while they are taping. With the pandemic, it has pushed me to pivot and find ways to reach to students who are eager to learn the Kinesio Taping Method. When Mona Angel with Kinesio University approached me to ask if I was interested in teaching online, I said yes. If Mona would have asked me that question before the pandemic, my answer would have been no, thank you. However, as an instructor, I must be innovative enough to make things work with what we are given. As they say, when life gives you lemons, you make lemonade.

I am enjoying the online platform and able to effectively teach students. In fact, the students have given feedback how the online course has exceeded their expectations. For me, teaching online has allowed me to stay at the comfort of my home and not travel. For students, they also have the same benefit being home plus they financially save expenses with travel and being off work. I say, there are benefits in taking an online platform.

Do you intend to continue teaching online?

Absolutely!

Do you want to teach back on site when given the opportunity?

Absolutely!

Tell us about a teacher/mentor who made an impact on you or set you on your present path.

I am blessed to have many mentors throughout my career. I have mentors who have made an impact in my personal



life as well. One of the mentors that I would say has made a huge impact on my present path as a CKTI is Dr. Kenzo Kase. I have attended multiple certification courses with him and every time he teaches, I learn so much about how I can be a better practitioner. Because of that, it has made me a better teacher or instructor as well. I am honored to have been taught the Kinesio Taping Method by the founder himself, Dr. Kenzo Kase.

Why did you begin teaching?

Knowledge is power and power must be shared. I believe I can make an impact to so many people if I teach. It's like the power of one. I am one instructor, but I have taught hundreds of clinicians already through the years who have made an impact to thousands of people in need. I can reach to many people who could benefit the Kinesio Taping Method in this manner.

What is the greatest reward of being an instructor?

Being given the opportunity to share the knowledge of taping to others the way Dr. Kase has shared his with me. When students get the concept and able to carry that on and apply it to their patients/clients is a reward. I may not hear all their stories, but I know they are able to help people in need when I cannot. ♦

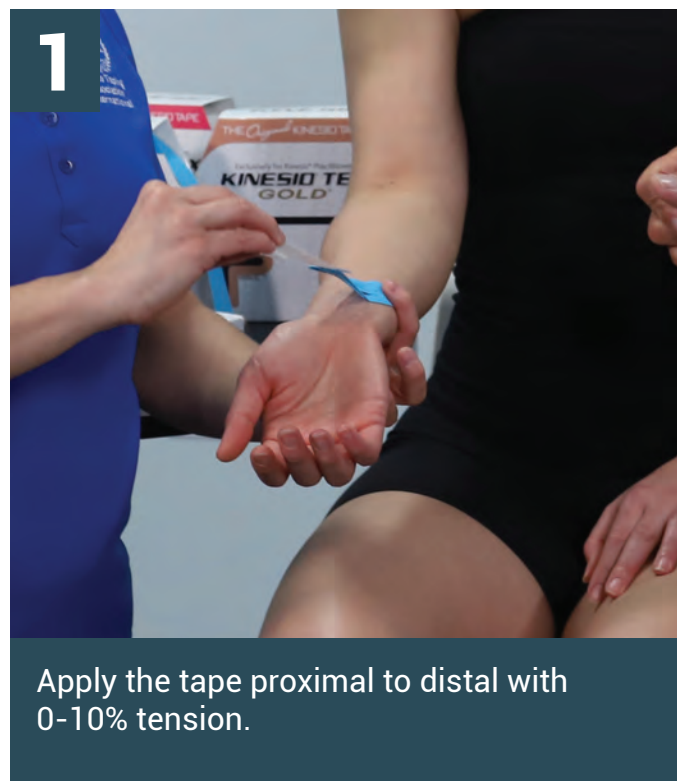


EDF (D) Dermis Application

Wrist pain caused by overuse, swelling and heat.

Purpose: For example, when operating the keyboard, the palm of the hand points to the front, so the muscles on the back side of the extensor may have some pain. When hitting the key, the flexor on the palm side is always overworked.

Tape Specifications: Two EDF Pre Cuts (Width 1"/ Length 3.94" or 2.5cm/10cm)



2



Take a position which stretches the skin of the target tissue as much as possible. Position the ends of the web cut strip gently at either end of target tissue. Do not rub into place. Gently grasp center of outer tail with fingertips or tweezers. Try to avoid excessively touching the adhesive. Spread both outside tails sideways simultaneously as far as possible from center of application without creating too much tension.

3



Repeat with succeeding tails, working from the outside in, creating a similar width of space in the slit between tails, until reaching the center. Rub surface of tape gently to activate the adhesive.

4



Apply the second piece of tape so that the center of the tape is at the affected area so that it intersects the first tape.

5



Apply the same procedure as for the first piece.

Effects of Equine EDF Taping on Wound Healing and Edema Control After Surgical Castration in Stallions



Corresponding Author: Nihan Ozunlu Pekiavas, PhD, PT, CKTI

Abstract

Objective: The purpose of this study was to evaluate the effectiveness of Kinesio Taping to prevent and/or reduce scrotal swelling following castration of stallions.

Methods: Ten healthy horses aged between 4 and 12 were included in our study. Subjects were randomly assigned to either the Kinesio Taping group (n=5) or Control group (n=5). Kinesio EDF (Epidermis-Dermis-Fascia) technique was applied to scrotal area postoperatively for edema control and wound healing on alternate days. Measurements were taken at pre-surgery, 45 minutes post-surgery, after 3, 24, 48, 72 hours and at the 7th day of the surgery. Thermal camera imaging was performed to assess the skin temperature in scrotal area. Edema and postsurgical pain assessment was rated by two veterinarians using a four-point scale (none, mild, moderate, or severe) and Composite Pain Scale (CPS) respectively.

Results: Significant linear decreasing for Kinesio group was found in skin temperature, edema and pain at 45 minutes post-surgery, after 3, 24, 48, 72 hours and at the 7th day of the surgery.

Conclusion: Kinesio EDF technique applied to scrotal area postoperatively had positive effects on wound healing and edema control in equine. We believe that Kinesio EDF method has made a considerable effect on ensuring homeostasis of the postoperative tissue compared with control group.

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Ankara University, Faculty of Veterinary Medicine, Department of Surgery, Ankara, Turkey.
Baskent University, Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation, Ankara, Turkey.
Guvven Private Hospitals, Physiotherapy and Rehabilitation Center, Ankara, Turkey.

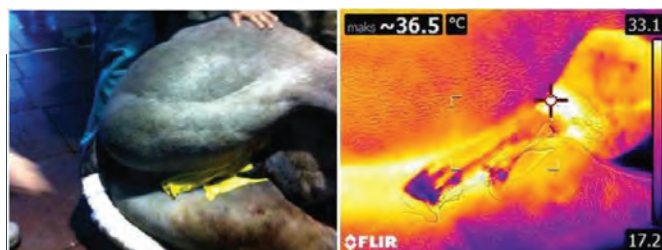


Fig.1: Postoperative Kinesio EDF Application

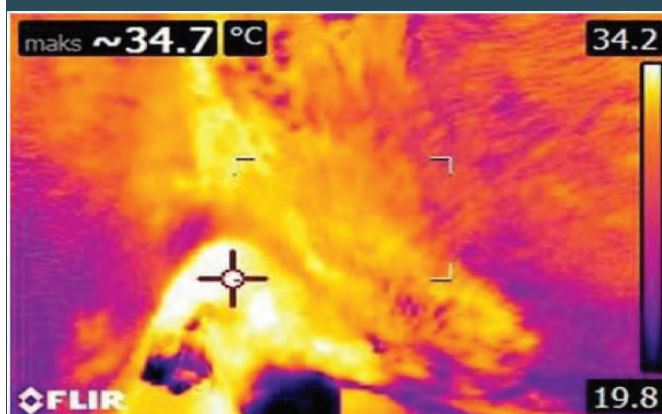


Fig. 2: Minutes postop. Scrotal skin temperature. Kinesio group

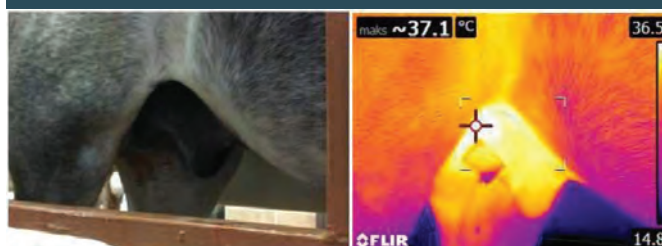


Fig. 3: Kinesio Group postop 7th day results with no edema and good skin temperature



Fig. 4: Control Group postop 7th day results with mild to moderate edema and higher skin temperature

Theory and Application of Kinesio Taping®

In recent years, there are related published articles and written books on Kinesio Taping Application. In addition to written English sources, we would like to introduce two new books on Kinesio Taping applications: Kinesio Taping and Kinesio Taping in Disorders. They both have been edited by Prof. Gul Baltaci, and the associate editor is Assoc. Prof. Nihan Ozunlu Pekiavas. Prof. Gul Baltaci has been working on kinesio taping method for 15 years and her profession is sports physiotherapy and exercise physiology. Assoc. Prof. Nihan Ozunlu Pekiavas has been working with her since 2006 in the same direction of profession.

Their books entitled “Kinesio Taping” and “Kinesio Taping in Disorders” contain literature-based applications and case solution examples of different situations you may encounter. You can find as topics of these books are as follows:

Kinesio Taping Applications for:

- Temporomandibular Joint
- Shoulder
- Elbow
- Hand, Wrist and Fingers
- Hip
- Knee
- Foot-Ankle
- Spine

Kinesio Taping in Pediatrics

Kinesio Taping for Lymphedema

Kinesio Taping in Venolymphatic Circulatory Disorders of Lower Limbs

Kinesio Taping in Neurological Physiotherapy

Kinesio Taping in Swallowing Disorders

Kinesio Taping for Scoliosis

Kinesio Taping in Pulmonary Rehabilitation

Kinesio Taping in Veterinary

The book was written to be comprehensive and afford instructors the freedom to select the material that they consider to be the most important for their course.

Furthermore, if desired, the book could be used in a two-semester sequence of taping courses (e.g., Taping I and II) to cover the entire 15 chapters contained in the text.

These both texts entitled Taping and related disorders are not the effort of only two authors but represents the contributions of hundreds of scientists from around the world. Although it is not possible to acknowledge every contributor to this work, we would like to thank the writer scientists who have greatly influenced our kinesio taping application in clinic and sports clubs in general. ♦

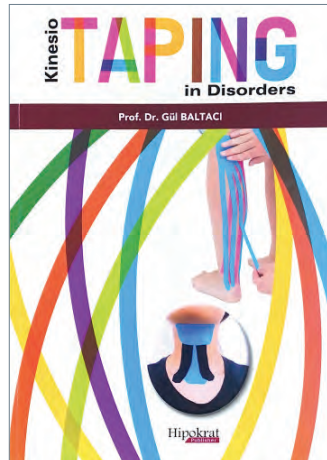
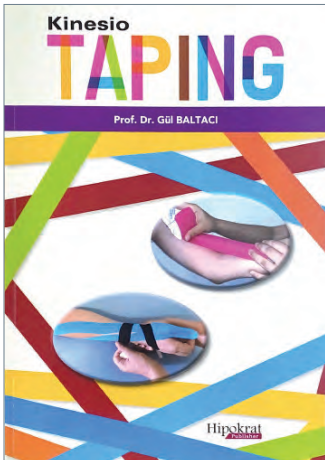


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Kinesio Taping® Canine for Dog Lovers by Dr. Kenzo Kase®



The Kinesio Taping Canine for Dog Lovers discusses what to look for and describes symptoms to help a dog owner quickly discover the best Certified Kinesio Taping application to use. Always consider the history or circumstances surrounding the appearance of pain or injury. Always talk with your veterinarian and discuss your dog's health and needs.

Kinesio Canine tape is designed to produce therapeutic benefit through the dog's hair follicles, without the need for shaving. To achieve this, Kinesio designed a unique tape. The canine-specific attributes of this tape and taping patterns address a dog's physiology. Kinesio Tape for Canine can be used on its own or with complimentary therapies to assist in rehabilitation or to address postural changes or musculoskeletal issues.

The process and application of tape on dogs involves no discomfort and has no inhibiting effect on movement or natural exuberance.

The pioneering inventor and innovator of the practice of elastic therapeutic taping Dr. Kenzo Kase invented the tape more than 40 years ago and continues to find more frontiers of healing – canine taping is just the latest. "Most of us at Kinesio are dog owners or dog lovers" said Kinesio Vice President Elisa Kase, "As users and beneficiaries of taping on ourselves, we wondered how this might also benefit our canine friends and have been thrilled to discover and develop an entire method-

ology that can produce sometimes dramatically positive outcomes."

As with all Kinesio tapes, the material is breathable, contains no medicine, and uses only hypoallergenic dyes. Kinesio Tape for Canine uses 100% cotton fabric and 100% medical grade adhesive. Once applied the tape can remain on the dogs 24 hours a day from 2-5 days.

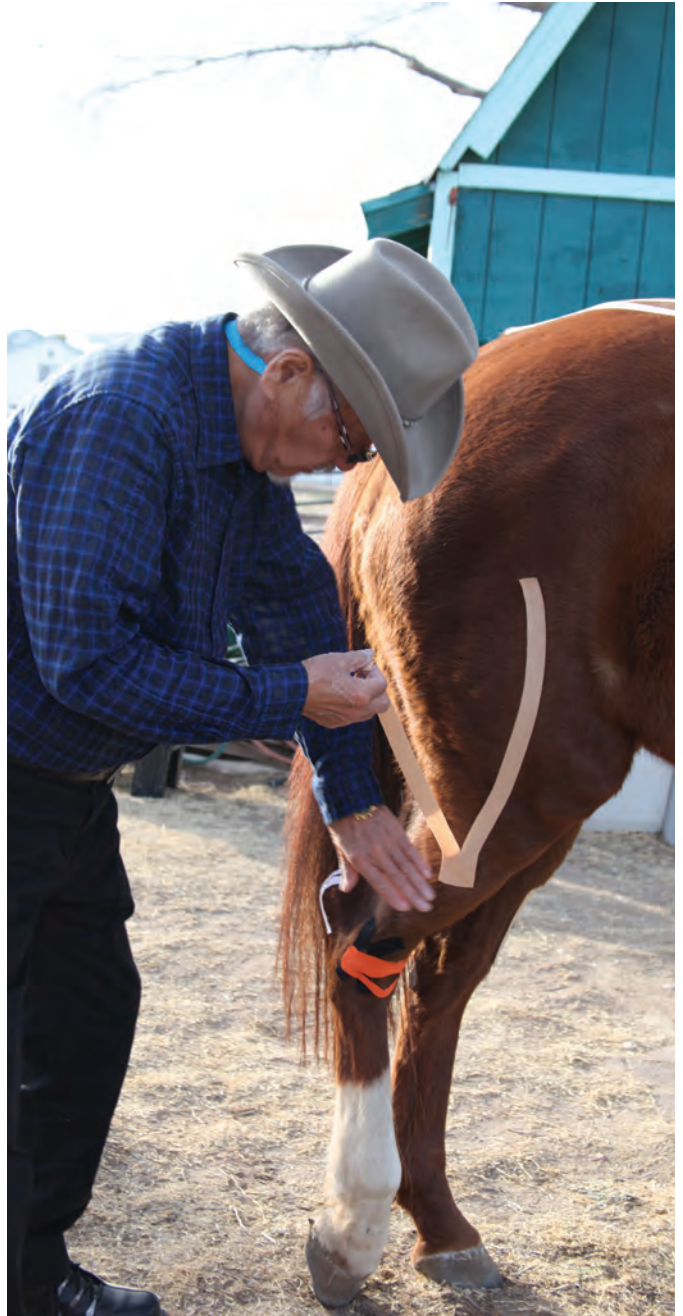
Kinesio canine course is also integrated with a companion book and an innovative online webinar.

Taping Applications Included:

- Whiplash
- Abnormal Curvature of the Spine
- Round Back (spine curvature due to aging)
- Sinus Pressure
- Sun Protection for Light-Nosed Dog
- Forelimb Injury
- Chest
- Meniscus
- Hip Dysplasia
- Foreleg Damage Impacting Paw Flexion
- And Much More.....

Kinesio Taping® Equine for Horse Lovers by Dr. Kenzo Kase®

Research, designed and tested for the unique anatomy of a horse -This course is a comprehensive guide for using the Kinesio Taping Method for alternative and holistic equine care. This course will help horse lovers and practitioners discover simple Kinesio applications which will have a positive impact on a horse's health and quality of life. Dr. Kenzo Kase and his team of equine experts have developed these applications to give practical strategies for dealing with common equine issues. Designed to introduce equine practitioners to the Kinesio Taping.



Exclusively for the Kinesio® Taping Method

KINESIO® TEX
GOLD

STERI PRE-CUT™

REDUCE YOUR RECOVERY TIME WITH STERI PRE-CUT™



100% COTTON



EDF APPLICATION



HYPO-ALLERGENIC



MULTIPLE DAY WEAR



WATER RESISTANT

Steri Pre-Cut™

Kinesio Tex Gold Steri Pre-Cuts can be **used immediately following surgery** and can be the most important recovery tool for up to 14 days after.

- Can be used in **repairing damaged tissues, reducing scarring and faster, better quality recovery.**
- May **reduce discomfort, swelling and the need for medication.** Doesn't have side effects like medications.
- Can be applied to patients with anti-coagulation therapy.
- Made from Kinesio Tex Gold FP Tape.

"Kinesio Medical Taping is a useful method to support invasive and systemic analgesia and used for perioperative pain management."

For research study information please review:

Hans Michael Klein, Rabea Brockmann. Influence of Kinesio Taping on Post-Operative Pain and Wound Management in Cardiac Surgery. 30th Annual Kinesio Taping Association International Symposium, Tokyo, November 2015.



- Sterilized EDF Pre-Cut Strips (Beige & White)
- 10 Pouch Box



PC-Steri-15: 25mm x 150mm (1" x 6")
PC-Steri-20: 25mm x 200mm (1" x 8")



Learn More: TapeWithWisdom.com/steri

Pain Diminishing Effects of Kinesio® Taping After Median Sternotomy



ABSTRACT

Background: Postoperative pain and severe side effects of opioid analgesics present a clinical challenge after cardio-thoracic surgery. In this study, the impact of Kinesio® taping on postoperative morbidity after median sternotomy was observed.

Methods: Thirty-nine patients (mean age 66 ± 9 years, CI: 63.28; 68.98) who underwent median sternotomy between 09/2014 and 11/2014 participated in this prospective randomized controlled trial. Patients were assigned into a treatment on a non-treatment group. Patients in the treatment group were taped after leaving the intensive care unit. We assessed, pain, consumption of pain medication, the subjective estimation of patients' ability to breathe, radiologic and microbial abnormalities as well as adverse effects resulting from the tape use daily until discharge. To determine the patients' satisfaction a discharge questionnaire was offered after completion of data.

Results: Patients who were treated with tape report significantly less pain (2.14 ± 0.5 , CI: 1.1;

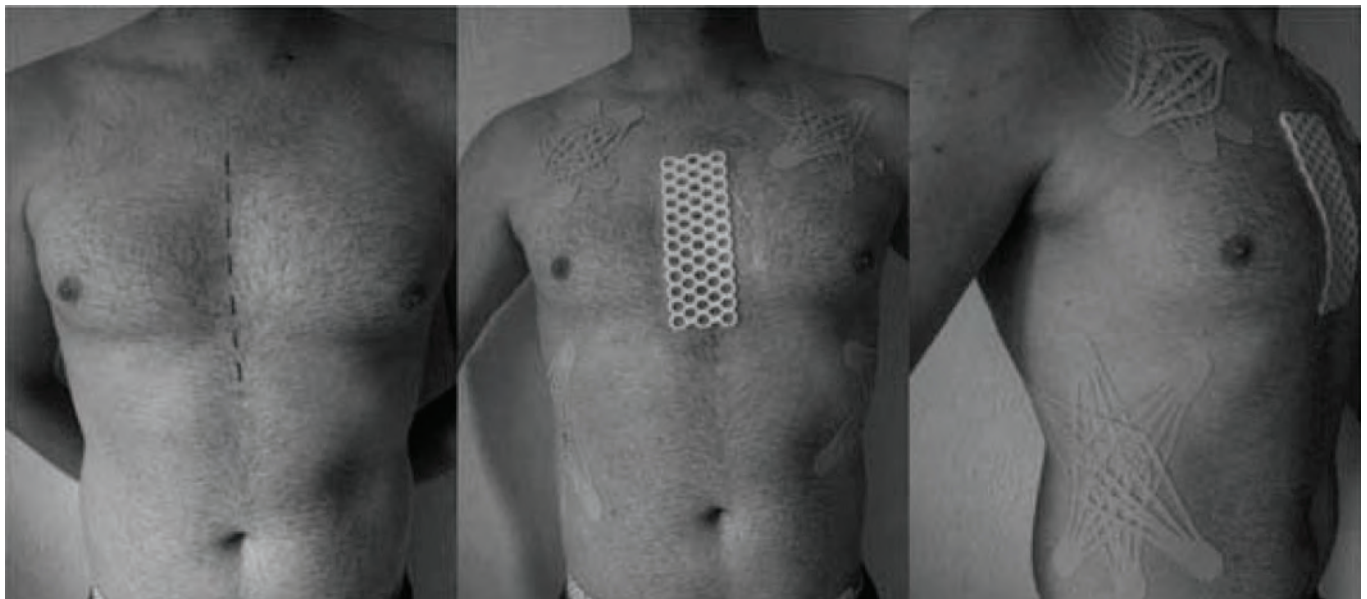
3.13) than patients from the control group (4.16 ± 0.6 , CI: 2.92; 5.41, $p = 0.01$). The need for opioid pain medication, as assessed by total analgesic consumption per patient, was significantly less in the treatment group ($1.2 \text{ ml} \pm 0.4 \text{ ml}$, CI: 0.40 ml; 2.01 ml) versus ($3.1 \text{ ml} \pm 0.5 \text{ ml}$, CI: 2.0 ml; 4.2 ml, $p = 0.01$). The subjective estimation of patients' ability to breathe was significantly better ($p < 0.001$) and the satisfaction was higher in the Kinesio® tape group compared to the control group. Taped patients had a mean hospitalization of 10 ± 1 day (CI: 8.74 days; 11.78 days) untapped patients stayed for 11 ± 1 days (CI: 9.17 days; 11.83 days). Adverse effects from the tape treatment were not observed.

Conclusions: Kinesio® taping after median sternotomy is a low-risk, non-pharmacologic, cost effective, and promising method for improving patients' breathing conditions, reducing postoperative pain, pain medication consumption, and thus, potential adverse effects of analgesics.

Rabea Brockmann, DMD

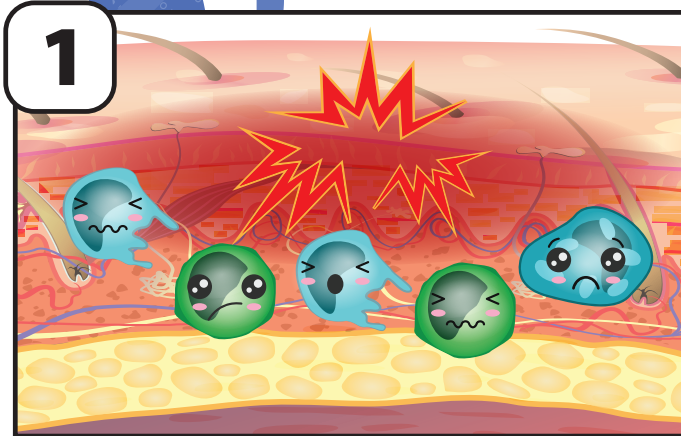
Hans-Michael Klein, MD, PhD

Department of Cardiovascular Surgery, Heinrich-Heine-University, Duesseldorf, Germany





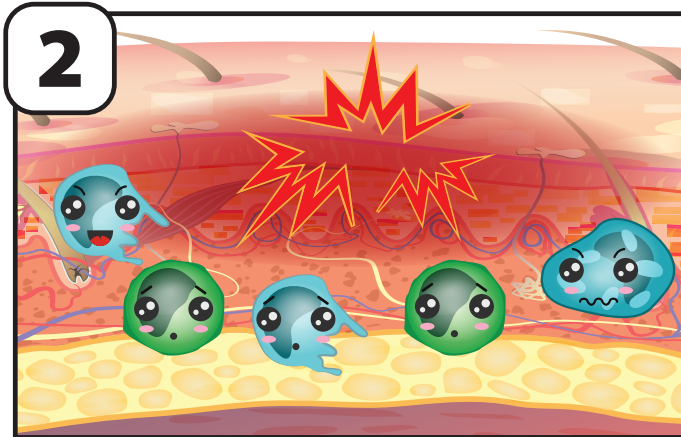
Kinesio® Taping the
World for Health to
Release the Body's
Natural Healing Power.



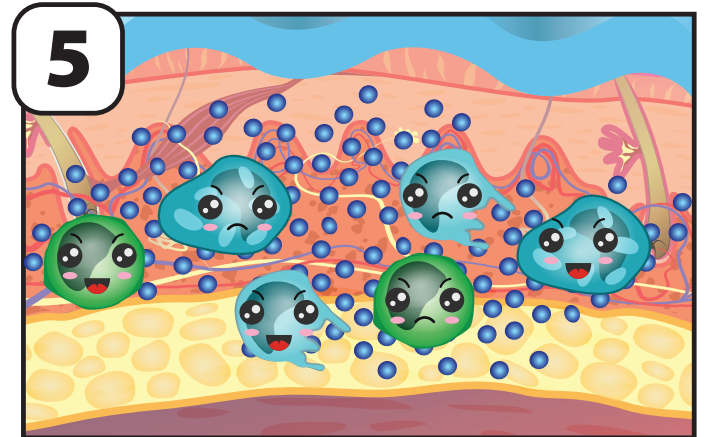
Acute surface pain &/or swelling from injury,
surgery or chronic conditions.



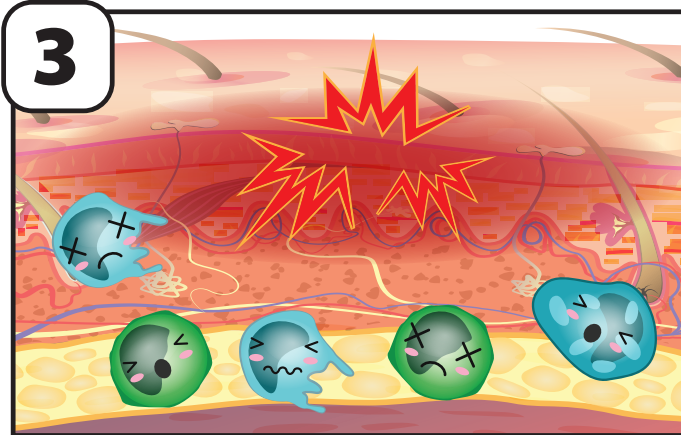
Kinesio® Taping Application:
Ku Do Rei concept of Space, Movement, Cooling.



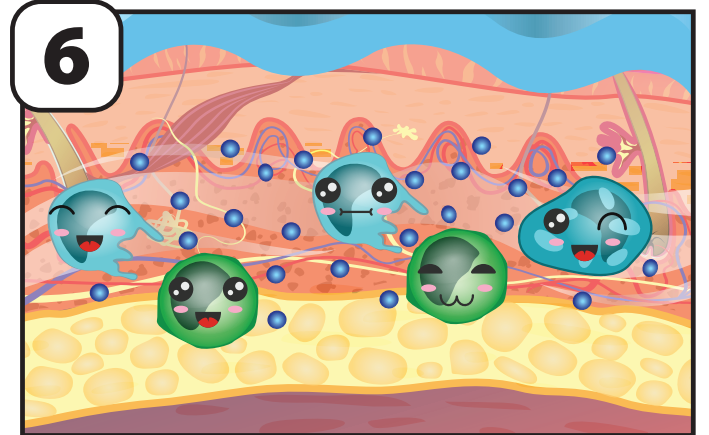
Cytokine producing cells (Macrophage,
Lymphocyte, Granulocyte, Mast Cell, etc.)



Lifting of the dermal layers allows for Cytokine
producing cells to release Cytokines.

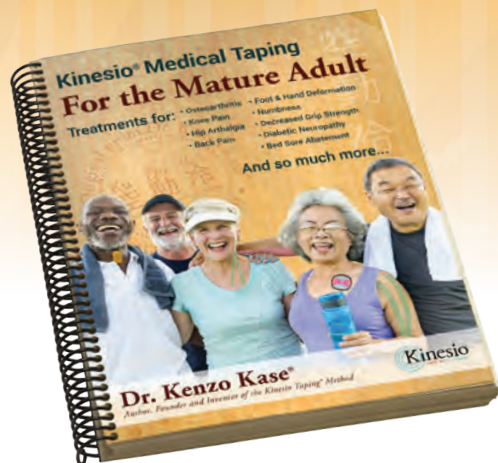


Cytokine producing cells affected by heat & thus
unable to produce Cytokines.



Promotion of healthy passage of fluid through the
Epidermis, Dermis & Fascia.

Kinesio® Medical Taping For the Mature Adult



Treatments for:

- Osteoarthritis
- Knee Pain
- Back Pain
- Numbness
- Hip Arthralgia
- Bed Sore Abatement
- Foot & Hand Deformation
- Decreased Grip Strength
- Diabetic Neuropathy
- And so much more...

Kinesio® Medical Taping for the Mature Adult is a hands-on book designed for older active adults, their families, and also includes helpful applications for caregivers and their patients. Many can benefit from the Kinesio Taping applications in this book to stay active, find relief from pain or deal with the chronic conditions that come with aging.

Kinesio Medical Taping For The Mature Adult, is 142 pages, fully illustrated with easy-to-understand step by step instructions for 27 taping applications which are organized by relatable and real-life scenarios of

mobility and discomfort issues, such as "I Can't walk continuously for more than 15 minutes" or "I can't cross the street like I used too".



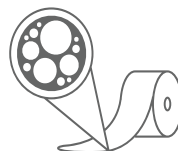
Learn More: KinesioTape.com/Mature-Adult

KINESIO® TEX GOLD LIGHT TOUCH+

GENTLE ENOUGH FOR ALL SKIN TYPES

Kinesio Tex Gold Light Touch+

Kinesio Tex Gold Light Touch + Tape (LT) provides a unique formula gentle enough for all skin types. 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.



MICRO-AIR-POCKET TECHNOLOGY
Advanced Technology Developed for Gentle Micro-Stimulation of Dermis & Fascia.



Learn More:
TapeWithWisdom.com/LT



- Available in six (6) Unique Pastel Colors
- Made in Japan, Packaged in the USA

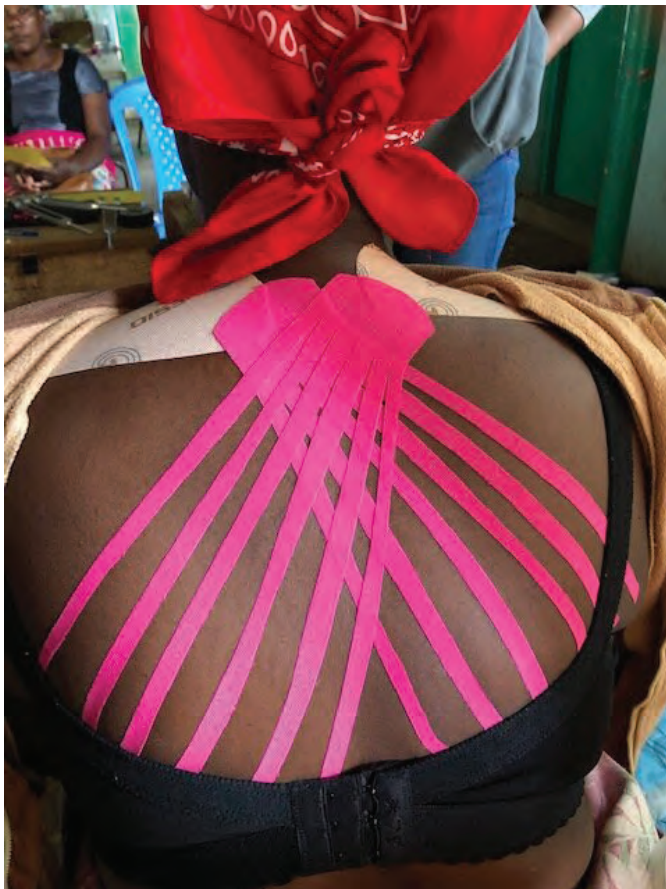




Taping the World for Health Pangani, Kenya



By: Elizabeth G. Harvey, PT, DPT, MSR, CKTI, PCS



December of 2019, I had the opportunity to join a medical clinic in Pangani, a community on the outskirts of Nairobi, Kenya. Pangani is mainly comprised of Somali refugees, as well as native Kenyans. The local school hosted the clinic, which serves over 500 children; it has no electricity or running water. We ran clothes lines through the beams of a large classroom and clipped on sheets to create triage areas. Our team consisted of an EMT, a PA, a pharmacist, an RN, and me, a PT. The community joined us by providing several nurses and clinical practitioners, our equivalent of a PA.

A typical team consists of MDs, PAs, nurses, and pharmacists. I have found that no one is quite sure of what to do with therapists! Treatment usually consists of an evaluation and a temporary supply of medication, such as pain relievers or antibiotics, or a referral for further assessment or treatment. Many patients will not choose to pursue additional care, either due to cost or fear of hospitals. The benefit of having a therapist, or other bodywork specialists, on the team, is that patient education and treatment can be provided - real solutions to get to the source of the problem rather than treating a symptom. Most have the misconception that therapy will only be beneficial if provided over an extended length of time. They don't realize that with the right knowledge and tools, the effects can be instantaneous. Dan Caskie, PA, the leader of our trip and experience in medical mission trips, said, "I will never do another medical mission camp without a team of physical therapists! It was a game-changer to have someone who could treat the problem rather than me just sending them to the pharmacy."



I treated various problems, including back pain, lower extremity pain, edema, scars, and abdominal discomfort. I have found this to be a prevalent list of impairments in third-world countries. My tool kit is comprised of Kinesio tape products and tuning forks; both are easily transported and very effective. A treatment session usually includes a consultation with the doctor, patient interview, scar assessment, AROM screening, and Kinesio Manual Direction Test. Patient education on posture, diet, or exercise is shared. For Kinesio taping applications, customized precuts with instructions for the application are given to continue the therapeutic benefits.

Several young girls from the community gave me translation assistance, some of whom hope to pursue a career in the medical field. They became so proficient that I no longer needed to request them to tell the patients, “the tape can do what my hands can do”; they just knew it was the procedure! It was an excellent opportunity to share the benefits of Kinesio tape with other professionals and the Pangani people. Many were able to experience firsthand the immediate benefits of taping applications when applied after a proper assessment was performed.

We have an amazing tool in the Kinesio Taping Method, as well as the taping products. We can make such a difference in the lives of those that are hurting, physically and emotionally. Part of the responsibility we carry is to educate other healthcare professionals on the many benefits of tape applications and procedures. And if you are ever called to serve on the field, you will receive more than you could ever give! This was my first opportunity to work among displaced people, and I was educated as to the sense of hopelessness and lack of worth many feel. When I told a mother how beautiful I found her family to be, she responded with, “how can we be beautiful when we are just refugees?” I was taken aback by her reply. Sometimes people need to know that their life and their pain matter to someone.

Thank you, Dr. Kase and Kinesio, for your support of this medical mission initiative! It brought hope and healing to people in a remote region in Africa... “taping the world for health.” ♦



Ever onward,
Elizabeth

2021

KINESIO VIRTUAL RECERTIFICATION

Due to the impacts of the COVID-19 pandemic around the world we were saddened that we were unable to have the instructor recertification / mini-symposium in person but our first-ever Kinesio Taping Virtual Recertification ended as a success. This year's recertification consisted of a 24-hour marathon powered by ZOOM. A decision which allowed all instructors around the world to participate. This option permitted KTAI to partner with Kinesio Japan for the first time with our mini-symposium.



We covered a wide range of subjects from Kinesio Medical Hydro Kinetic Assessment, Bio-mechanics of Pediatrics, Physiological Background of Kinesio Part One, Restoring Optimal Bio-mechanics as well as introducing the Kinesio Staff and changes to Kinesio University to name a few.



With everything going online we were a little apprehensive of moving Kinesio Education online as well, but we learned that it was a great step for Kinesio. Kinesio education is still offered as LIVE/IN PERSON Course where content and learning material are taught in person by a Certified Kinesio Taping Instructors (CKTI[®]) to a group of students at a designated facility. Yet we now also have LIVE ONLINE classes which are organized in a live virtual meeting room, like Zoom, where students and a Certified Kinesio Taping Instructor[®] (CKTI) meet to communicate with voice and video and On-Demand courses which are delivered online where students learn on their own schedule (self-paced learning).

It is our Certified Kinesio Taping Instructors who are our brilliant foot soldiers out in the world helping to grow Kinesio into a globally recognized modality. It's through them that our mission of Taping The World for Health and the continuation of the legacy that Dr. Kase's started over 40 years ago remains strong and improves the lives of people every day. ♦





Kase's CORNER

I'm the founder and inventor of Kinesio Tape and the Kinesio Taping Method. It was while treating patients in the early 1970s, I became interested in finding a way to help the body's natural healing process and prolong the benefits of my treatment after my patients left my clinic. Using my knowledge in natural healing modalities, and over seven years of research and development I created the original Kinesio Tape and the Kinesio Taping Method.

Over the last 40 plus years, we've developed different types of tapes, assessments, and taping methods to successfully treat a variety of orthopedic, neuromuscular, neurological, and medical conditions. I have discovered over the years how the right assessment with minimum stimulation created by applying Kinesio Tape can help the body heal and give people a better quality of life.

Kinesio University provides highest level of quality education into the Kinesio Taping Method, Kinesio Medical Taping and how it can benefit many different populations and treat various conditions. Why is that important? Because, the right tape applied with right knowledge means the difference between a patient or person who achieves desired relief, support, and healing and one who has a disappointing, ineffective, and potentially harmful application. I am grateful for our Certified Kinesio Taping Instructors who are our great foot soldiers out in the world helping accomplish our mission of Taping the World for Health. It is through them we are able to grow Kinesio into the globally recognized modality it is today.

I have dedicated my life in my belief that Kinesio can change people's lives. I very much appreciate you wanting to learn my method and be part of the global Kinesio community. It is through you learning and applying the "wisdom" you will learn today that my life's work can be successful. I would love for you join our LIVE DIFFERENT campaign and share your stories on how Kinesio Taping has change your life and the life of your patients. You can read all the details on page 2.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'Kenzo Kase'.

Dr. Kenzo Kase®

KINESIO® TAPE FOR **CANINE**



JOINT RELIEF



WATER RESISTANT



HOLISTIC



HYPO-ALLERGENIC



THERAPEUTIC TAPE FOR DOGS



Kinesio Canine™ Tape is made for the unique needs of a dog. Kinesio canine taping stimulates and lifts the hair follicles which lifts the tissue layers creating more space and allowing lymphatic fluids to flow more freely to **aid healing, reduce swelling, and increase range of motion**. When a muscle is inflamed, swollen or stiff due to fatigue the space between the skin and muscle is compressed resulting in a constricted lymphatic flow. This applies pressure to the pain receptors in the skin which transmute more space between the muscle and skin while **decreasing pressure on the pain receptors**.



Learn More: TapeWithWisdom.com/canine