

Kinesiology Tape

John Gibbons

Kinesiology Taping for Rehab and Injury Prevention Aliana Kim,2016-08-23 Kinesiology tape is a newly, hugely popular treatment that is proven to decrease pain and preventing injury and re-injury. Not just for professional athletes, taping can easily be done at home to treat a myriad of conditions--from tennis elbow and shin splints to carpal tunnel and headaches.

A Practical Guide to Kinesiology Taping for Injury Prevention and Common Medical Conditions John Gibbons,2023-09 This practical guide uses full-color photos and video clips to demonstrate the application of kinesiology tape to treat each individual area of pain and dysfunction. The text offers examples of injuries common to each area of pain and the subsequent variations in taping applications.

Practical Guide to Kinesiology Taping for Injury Prevention and Common Medical Conditions John Gibbons,2020-11-30 This book is a must for any physical therapist involved in the treatment of patients, athletes, or indeed anyone who may present with any type of sports-related injury or common medical condition. This new edition offers self-help techniques to allow the patient to self-treat, where appropriate.The author guides you, step by step, through the entire process of taping by first marking an area of dysfunction, then preparing and cutting tape, followed by application with variants for specific problems. The chapters are designed as a practical guide on the application of tape to treat each individual area of pain and dysfunction through the use of pictorial demonstrations, and the author gives a few examples of injuries common to each area of pain and the subsequent variations in taping applications.This book highlights over '60' specific areas of pain that are identified through individual artistic illustrations that have actually been drawn onto the body, and includes over 40 QR codes to YouTube of practical demonstrations of the key techniques.

Clinical Therapeutic Applications of the Kinesio Taping Method - 3rd Edition Kenzo Kase,Jim Wallis,Tsuyoshi Kase,2013-02-14

Kinesiology Taping John Langendoen,Karin Sertel,2014 Taping can be effective and simple -- all with a 2-inch wide piece of self-adhesive cotton tape. 70 proven tape applications for 160 conditions.

Length, Strength and Kinesio Tape - eBook Thuy Bridges,Clint Bridges,2016-09-26 Length, Strength and Kinesio Tape: Muscle Testing and Taping Interventions is an essential manual for musculoskeletal therapists seeking to develop competency in the treatment of select clinical conditions using the concepts and principles of the Kinesio Taping® Method. Focusing on the identification and role of muscle structures, the manual presents length and strength tests covering 68 muscle groups and provides practitioners with a framework to use and reassess the application of Kinesio® Tape. Endorsed by Kinesio Taping Association International, Length, Strength and Kinesio Tape: Muscle Testing and Taping Interventions is designed as a companion to Kinesio Taping® courses globally (KT1 and KT2). Key Features: Overview of the Kinesio® method and how Kinesio Taping® works Highlights the anatomy of the muscle and structures prior to taping Step-by-step instructions to a range of Kinesio Taping® techniques, covering the neck, shoulder, elbow, wrist and thumb, trunk, pelvic girdle and hip, knee and ankle Initial assessment using length and strength/function testing and application of appropriate Kinesio Taping® intervention Assessment sheets provided for each key anatomical area Includes eBook version on VitalSource Also available as a separate purchase: A suite of 68 videos covering 8 major body areas with step-by-step instructions and clear demonstrations of the assessment and taping strategies for each technique. An ideal supplement to the text Excellent clinician refresher tool Useful when explaining treatment to client To find out more about these videos, visit <http://www.elsevierhealthonline.com.au/kinesiotape/> Overview of the Kinesio® method and how Kinesio Taping® works Highlights the anatomy of the muscle and structures prior to taping Step-by-step instructions to a range of Kinesio Taping® techniques, covering the neck, shoulder, elbow, wrist and thumb, trunk, pelvic girdle and hip, knee and ankle Initial assessment using length and strength/function testing and application of appropriate Kinesio Taping® intervention Assessment sheets provided for each key anatomical area

Kinesio Medical Taping for the Mature Adult - 2nd Edition Kenzo Kase,2021-07 This book is for general use; it is intended for older active adults, their families, and also includes helpful applications for medical staff, caregivers and their patients.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 to try them. Many patients and family members may benefit from this book and be able to try Kinesio Taping® to stay active or deal with some of the chronic conditions that come with aging.The book addresses the basic techniques of applying the Kinesio Taping® Method, and will help those who are new to Kinesio Taping as well as reinforce the knowledge for those who have used Kinesio Taping before.This also provides an introduction to specific types of application for specific sets of symptoms. In this way it will become clear how to address limited mobility or the loss of function or movement in the body. Many elderly people are not able to move as freely as they did when they were younger. In such cases and kinds of conditions, Kinesio Taping can help.The book is designed to be both enjoyable reading and a valuable reference for positive results when trying the taping applications for yourself.The main tape used in this book is Kinesio Tex Gold Light Touch+ This tape is a safe and comfortable alternative for individuals who have skin sensitivities. This tape works well to bring back the of the body and is designed for more sensitive skin as it creates less stimulation than our regular Kinesio tapes.

The Unique Kinesiology Taping Hand Book Doctor David Taylor,2019-10-21 THE UNIQUE KINESIOLOGY TAPING HAND BOOK YOUR EFFECTIVE PRACTICAL GUIDE FOR DAILY LIFESTYLE, FITNESS, SPORTS, INJURY PREVENTION AND OVERCOMING STRAINSWhen pains, injuries, strains as well as not being fit can generally and negatively limit your mobility and the ways we respond to our daily routine activities, such as sporting activities or other activities! Besides, have you ever come across athletes or sportsmen/sportswomen wearing elegantly colored tape on their shoulders, legs, knees, elbows, and so on? It is simply KINESIOLOGY TAPE (KT), and it is the secret behind the fitness or wellness of athletes and sportsmen/sportswomen! Kinesiology taping helps to minimize pain due to injuries, it does not severely limit range of motion or circulation, assists in minimizing lower back pain, as well as its assistance in the recovery of shoulder or wrist plus knee pains or injuries, etc. It can also help in the treatment of running injuries and a host of others. And if you have been battling with pains, strains or injuries related to sports or the work you do, then this breath-taking guide is specifically written for you to permanently conquer these issues or challenges! Furthermore, this guide reveals a step by step procedure and techniques that will assist or help you to permanently overcome pains, injuries strains and lots more. And you should start seeing meaningful results in few hours or days. In this guide, you will learn: What Kinesiology Taping (KT) is the characteristics, basics plus the theory behind Kinesiology taping, the precautions, contra-indications plus several types of application in kinesiology. Those who stand to benefit from kinesiology taping plus the health issues it can treat the vital types of application stretch, pros and cons of Kinesiology taping, advice to enhance your health and lots more. Click on the Buy Now Button to access your copy today and smile afterwards! You won't regret you did.

A Practical Guide to Kinesiology Taping John Gibbons,2015-02-27 This book is a must have for any physical therapist involved in the treatment of patients, athletes, or indeed anyone likely to come into contact with a range of sporting injuries including coaches, personal trainers and sporting enthusiasts. The author takes the reader on an educational journey through the entire taping process; from marking an area of dysfunction to preparing and cutting tape and application with variants shown for special problems. Opening with the principles and benefits of the Kinesiology taping method, explaining what it is and when and why you would apply it, the book then covers the correct application of tape to treat each individual area of pain and dysfunction. Through the use of pictorial demonstrations, including examples of injuries common to each area of pain and the subsequent variations in taping applications, the reader is clearly presented with over 50 special areas of pain, each identified through individual artistic illustrations. The author has the ability to explain this fascination, yet not widely understood, subject in a relatively simplistic way, helping every reader develop the ability to apply these phenomenal techniques, with confidence in any setting.

Kinesiology Taping for Horses Katja Bredlau-Morich,2018-01-15 Kinesiology taping on human athletes is all the rage: widely used by physical therapists, chiropractors, and personal trainers, we see it on Olympians, runners, basketball players—on amateurs and professionals. The idea behind taping is that it provides incredible support and stabilization of ligaments and tendons while simultaneously stretching and flexing like a second skin to allow full range of motion. It can also activate or relax muscles, depending on its application. Our equine athletes can benefit hugely from taping techniques, and this terrific guidebook

provides the ultimate reference for understanding both the uses of kinesiology tape and its numerous applications. With hundreds of color photographs and step-by-step instructions for the do-it-yourselfer, equine physiotherapist Katja Bredlau-Morich explains the following forms of kinesiology taping: Muscle - Lymphatic - Scar - Fascia - Space - Hematoma - Stabilization - Tendon - Cross In addition, numerous case studies demonstrate how taping can change your horse's life, keeping him pain-free and performing his best for years to come.

K-Taping in Pediatrics Birgit Kumbrink,2015-11-23 Already integrated successfully in competitive sports, medical treatment and rehabilitation programs, K-Taping therapy offers physical, occupational and speech therapists a wide range of options for the treatment of infants, small children and younger patients. K-Taping can now be integrated into pediatric physiotherapy and speech therapy, aiding in the treatment of a range of conditions including postural defects, deformities of the feet and dysphagia. About the content K-Taping in theory - The properties, function and mode of action of elastic K-Tape - The effects of K-Tape therapy - The fundamentals of K-Tape application - Contraindications K-Taping in practice - The four major application techniques (muscle, ligament, correction and lymph applications) including common indications in children, and practical examples - The appropriate technique for more than 50 medical indications - Step by step guidance with photo series, practical tips and alternative applications About the author Birgit Kumbrink, founder and medical director of the international K-Taping Academy, Dortmund, Germany and one of the most experienced users and teachers of the treatment method internationally. The course companion and practical manual - for therapists, midwives and pediatricians

Kinesio Medical Taping for the Mature Adult Kenzo Kase,2021 This book is for general use; it is intended for older active adults, their families, and also includes helpful applications for medical staff, caregivers and their patients. 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 to try them. Many patients and family members may benefit from this book and be able to try Kinesio Taping® to stay active or deal with some of the chronic conditions that come with aging. The book addresses the basic techniques of applying the Kinesio Taping® Method, and will help those who are new to Kinesio Taping as well as reinforce the knowledge for those who have used Kinesio Taping before. This also provides an introduction to specific types of application for specific sets of symptoms. In this way it will become clear how to address limited mobility or the loss of function or movement in the body. Many elderly people are not able to move as freely as they did when they were younger. In such cases and kinds of conditions, Kinesio Taping can help. The book is designed to be both enjoyable reading and a valuable reference for positive results when trying the taping applications for yourself. The main tape used in this book is Kinesio Tex Gold Light Touch+ This tape is a safe and comfortable alternative for individuals who have skin sensitivities. This tape works well to bring back the of the body and is designed for more sensitive skin as it creates less stimulation than our regular Kinesio tapes.

Athletic Taping and Bracing David H. Perrin,2012-02-03 The premier text for athletic taping and bracing is now revised in a stunning third edition. Athletic Taping and Bracing retains its emphasis on the techniques most commonly used by athletic trainers and therapists while integrating the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. Plus, the third edition expands on traditional taping by including methods for rigid strap taping and elastic kinesiology taping. Athletic Taping and Bracing, Third Edition, includes more than 480 full-color illustrations and photos, providing invaluable visual aids for both students and professionals. These include superb three-dimensional anatomical images from Primal Pictures. The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. The third edition adds step-by-step instructions for 10 additional techniques, including elastic kinesiology taping and rigid strap taping techniques for gastrocnemius strains, Achilles tendinitis, and arch problems; knee, quadriceps, and hip problems; shoulder and elbow hyperextension laxity; epicondylitis; and wrist and hand issues. The book also features newly added instructor resources consisting of an image bank and testing checklists to help students master the taping procedures. The text covers the 46 most frequently applied taping and bracing procedures in clinical practice, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and don'ts of taping and bracing. To emphasize rehabilitation as well as prevention, Athletic Taping and Bracing, Third Edition, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises, presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and bracing procedures, the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play. With Athletic Taping and Bracing, Third Edition, readers will learn the evidence-based foundations and techniques of taping and bracing, as well as how taping and bracing can aid an athlete's total rehabilitation. The coverage of rehabilitation exercises as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems.

Kinesiology Taping for Horses Katja Bredlau-Morich,2024-08-13 Kinesiology taping on human athletes is all the rage: widely used by physical therapists, chiropractors, and personal trainers, we see it on Olympians, runners, basketball players--on amateurs and professionals. The idea behind taping is that it provides incredible support and stabilization of ligaments and tendons while simultaneously stretching and flexing like a second skin to allow full range of motion. It can also activate or relax muscles, depending on its application. Our equine athletes can benefit hugely from taping techniques, and this terrific guidebook provides the ultimate reference for understanding both the uses of kinesiology tape and its numerous applications. With hundreds of color photographs and step-by-step instructions for the do-it-yourselfer, equine physiotherapist Katja Bredlau-Morich explains the following forms of kinesiology taping: Muscle Lymphatic Scar Fascia Space Hematoma Stabilization Tendon Cross In addition, numerous case studies demonstrate how taping can change your horse's life, keeping him pain-free and performing his best for years to come.

Physical Therapy For Pain Control Reynaldo Quinalty,2021-03-28 If you've watched a volleyball game or competitive bicycle race, you've probably seen it: strips of colorful tape splayed in patterns across shoulders, knees, backs, and abs. That's kinesiology tape: a therapeutic tape that's applied strategically to the body to provide support, relieve pain, reduce swelling, and improve performance. In this book, the author will discuss why kinesiology tape is changing the way people feel and perform all over the world, and how you can learn to effectively apply it at home. You will learn how to apply the tape using: I application Y application X application Fan application Donut application Web application You will also learn how to use these applications specifically for: the shoulder the knee the back the hamstring the wrist the elbow the ankle You will love what kinesiology tape can do for you!

Kinesiology Taping for Dogs Katja Bredlau-Morich,2020-10-06 Canine and equine physiotherapist Katja Bredlau-Morich, author of Kinesiology Taping for Horses, is a pioneer in bringing the taping method to the dog world. She believes that dogs can benefit hugely from taping techniques, and even better, dog owners and trainers can learn practical steps to using kinesiology tape themselves. In her terrific guidebook, Bredlau-Morich provides the ultimate reference for understanding both the uses of kinesiology tape and its numerous canine applications--

Kinesiology Taping John Langendoen,Karin Sertel,2014 Taping can be effective and simple -- all with a 2-inch wide piece of self-adhesive cotton tape. 70 proven tape applications for 160 conditions.

What Is Kinesiology Tape Jason Brenton,2021-03-28 If you've watched a volleyball game or competitive bicycle race, you've probably seen it: strips of colorful tape splayed in patterns across shoulders, knees, backs, and abs. That's kinesiology tape: a therapeutic tape that's applied strategically to the body to provide support, relieve pain, reduce swelling, and improve performance. In this book, the author will discuss why kinesiology tape is changing the way people feel and perform all over the world, and how you can learn to effectively apply it at home. You will learn how to apply the tape using: I application Y application X application Fan application Donut application Web application You will also learn how to use these applications specifically for: the shoulder the knee the back the hamstring the wrist the elbow the ankle You will love what

kinesiology tape can do for you!

Kinesiology Taping Dale Delp,2019-10-19 Kinesiology tape is simply stretchy.Kase created Kinesio tape with a proprietary blend of cotton and nylon. It's designed to imitate the skin's elasticity so that you can use your full range of movement. The tape's medical-grade adhesive is also water resistant and robust enough to stay on for 3 to five days, even while you work out or take showers.When the tape is applied to your body, it recoils barely, lightly lifting your pores and skin. It is believed that this helps to create a microscopic space between your skin and the tissues under it.A therapeutic tape that is applied strategically to the body to offer support, reduce pain, lessen swelling, and enhance overall performance.Taping is an effective and powerful way to treat wide ranges of condition such as headache, menstrual pain, Arthritis, sprains, strains, swelling, bad posture, sore muscles, bruising, and muscle pain and so onKinesiology taping is mostly used by physical therapists, trainers, chiropractors to help provide incredible support and at the same time stretch the bodyIt also helps to reduce inflammation, increase movement and circulation and help your body naturally

Length, Strength and Kinesio Tape Thuy Bridges,Clint Bridges,2016-10-13 An essential manual for musculoskeletal therapists seeking to develop competency in the treatment of select clinical conditions using the concepts and principles of the kinesio taping method. Focusing on the identification and role of muscle structures, the manual presents length and strength tests covering 68 muscle groups and provides practitioners with a framework to use and reassess the application of kinesio tape.

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