

# Kinesio Taping

## Therapeutic Taping



In addition to the manual therapy and therapeutic exercise that a patient receives, kinesio tape may be applied to the painful site to help continue the healing process once the patient leaves the clinic.

- ***What is Kinesiotaping?***

A therapeutic taping method used to facilitate the body's natural healing process while providing support and allowing full movement. It affects the body's skin, fascia, lymph, circulation, and musculoskeletal systems. The taping method uses Kinesiotape to help alleviate swelling (edema), pain, and bruising.

- ***What is Kinesio Tape made of?***

Kinesio Tape is a colored, elastic tape made of hypoallergenic cotton fibers and adhesive. It is latex free and can be worn up to three to five days and even get wet.



- ***How does Kinesio Tape work?***

Depending on the healing goal, the tape is applied in a certain direction, with a certain amount of stretch, and cut a certain way. When applied, the tape gently lifts the skin creating space between the layers of tissue lying beneath the skin allowing for improved lymph flow and circulation.

- ***What can Kinesio Tape be used for?***

Kinesio Tape can be used on people of all ages to treat pain, bruising, any site of inflammation, tendonitis, sprains, post-surgical recovery, headaches, back and neck pain, TMJ, post-dental procedures, etc.

