

ABOUT KINESIO TAPING

By

Ian A. Cyrus, OM Practitioner

Kinesio Taping Technique (KTT) is an elastic therapeutic taping method that allows for treatment of all types of clinical conditions for acute, chronic, rehabilitation, and prophylactic management. It allows for and assist in normal circulation/lymphatic flow, decreases pain, assists muscle function, promotes fascial/connective tissue remodeling, and can stabilize and improve joint function. The Kinesio Taping Method is designed to have a gentle long term assistance to the body by facilitating homeostasis. Kinesio Tex Tape is uniquely designed to not be restrictive, heavy on the skin, and allows full range of motion.

The combination of the stretch capabilities, thickness, and adhesion allow the Kinesio Tex Tape to approximate the the qualities of the skin. The design of the Kinesio Tex Tape, in combination with proper evaluation of the clinical condition and the unique application technique, create the Kinesio Taping Method.

Kinesio Taping is a valuable modality when used in conjunction with acupuncture in the treatment of musculo-skeletal conditions, myofascial pain and dysfunction, and sports injuries. In particular, it extends the effects of acupuncture treatment in-between visits.