

tested.  
trusted.  
effective. <sup>SINCE</sup> 79



**INFORMATION GUIDE**

# THE KINESIO TAPING® METHOD

The Kinesio Taping Method has taken the Rehabilitation and Sports Medicine world by storm. Developed by Dr. Kenzo Kase over 30 years ago, Kinesio Taping has become the gold standard for therapeutic rehabilitative taping. Our proprietary method of taping uses a uniquely designed and patented tape for treatment of muscular disorders and lymphedema reduction.

Since the introduction of Kinesio Taping into the US, medical practitioners from PTs, ATCs, OTs, DCs, MTs, to MDs have recognized and embraced this effective, safe, and easy-to-use modality. The method and tape allow the individual to receive the therapeutic benefits 24 hours a day because it can be worn for several days per application. With over 5,000 Certified Kinesio Taping Practitioners™ in the United States alone, Kinesio Taping is used in hospitals, clinics, universities, high schools, and by professional sports teams.

The Kinesio Taping Method involves taping over and around muscles in order to assist and give support or to prevent over contraction. The first technique gives the practitioner the opportunity to actually give support while maintaining full range of motion, enabling the individual to participate in physical activity with functional assistance. The second technique helps prevent overuse or over-contraction and helps provide facilitation of lymph flow 24 hours a day. It is most commonly used in the acute stage of rehabilitation. Correctional techniques include mechanical, lymphatic, ligament / tendon, fascia, space, and functional. Kinesio Tex Tape can be used in conjunction with other therapies, including cryotherapy, hydrotherapy, massage therapy, and electrical stimulation.



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# THE KINESIO® BENEFITS

All modalities have a system of assessment associated with them to help determine parameters for treatment. The Kinesio Taping Method offers 8 Assessments to guide the clinician in effective Kinesio Tex Tape Applications. In addition to each Health Professional's skill set, the Certified Kinesio Taping Practitioner has the added benefit of learning to test for tissue restrictions like Dr. Kase does. The following Screening Tools may be used:

- **KINESIO TAPING SCREENING ASSESSMENTS** to examine skin, fascial, muscle and joint mobility
- **MANUAL MUSCLE ASSESSMENT** to identify muscle strength
- **RANGE OF MOTION** to determine limitations in flexibility
- **ORTHOPEDIC ASSESSMENT** to identify structural anomalies and dysfunction

During the Kinesio Taping Association's certification course, you will learn how to properly perform Kinesio Taping Assessments in order to treat your patients with the Kinesio Taping Method. With an understanding of the Kinesio Taping Method guidelines, one is able to develop a successful treatment program for the individual goals of each patient.

## WHO BENEFITS FROM KINESIO? •

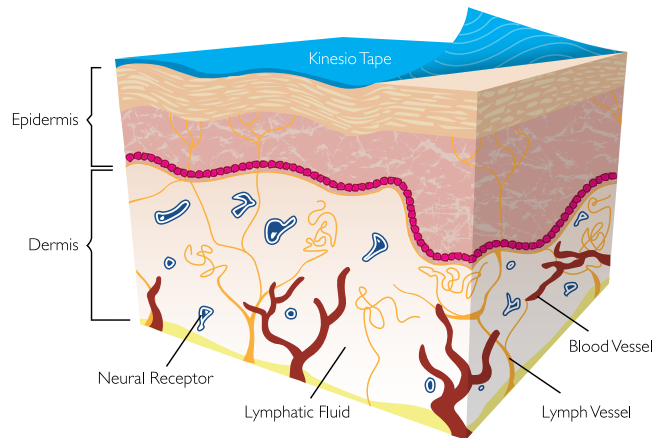
- Pediatric Patients
- Geriatric Patients
- Post Surgical Patients
- Acute and Chronic Pain Patients
- Athletes
  - Discovery Cycling Team
  - Professional Soccer Players
  - Professional Volleyball Players
  - Professional Golfers
  - Professional Tennis Players
  - Marathon Runners
  - Over Half of the NFL Teams
  - One Third of the NBA Teams
  - Two Thirds of MLB Team
  - Weekend Warriors





# How KINESIO® WORKS

Kinesio Taping alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. The taped portion forms convolutions in the skin, thus increasing interstitial space. The result is that pressure and irritation are taken off the neural and sensory receptors, alleviating pain. Pressure is gradually taken off the lymphatic system, allowing it to drain more freely.



Kinesio Taping can be used for virtually everything. These are just a few of the clinical applications being used today.



Brachial



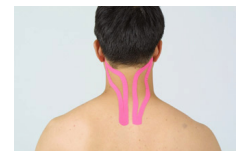
Hallux



Medial Lateral



Headache



Neck Pain



Achilles Tendonitis



ACL



Bicep Tendonitis



deQuervain's



Plantar Fasciitis



AC Joint



Carpal Tunnel Syndrome



Shin Splints



Patella Tendonitis



Scoliosis



# PAIN

The Gate Control Theory of Pain relief suggests that pain can be modulated by sensory input. One can offer a non-noxious stimulus to stimulate large sensory neurons that will "override" the pain transmission by small sensory neurons. The Neuromatrix Theory states that pain is the result of a wider neural network. This multi-dimensional response to pain denotes complex pathways that contribute to our perceptions of pain. It is likely that both modes of pain perception are relevant to clinical models. The Kinesio Taping Method affects both types of sensory input, and potentiates a global physiologic influence. Decreased pain is the most common patient report after Kinesio Tex Tape Applications.



# SUPPORT

The elastic properties of Kinesio® Tex Tape when applied using the Kinesio Taping Method enhances the function of muscle fibers. Recoil of the tape influences the muscle units called sarcomeres to elongate or shorten thus influencing muscle contractions. Golgi Tendon Organs (GTO) are specialized mechanical receptors that are found throughout muscle and tendons. Stimulation of the GTO by direct pressure has been well documented by Rood and others to inhibit muscle over-activation. Research has also revealed that the GTO is responsible for controlling the muscle spindle throughout movement. It modulates and modifies tension of the muscle in direct response from feedback about the antagonist muscle to create controlled coordinated motion. The skilled application of Kinesio Tex Tape can immediately influence muscle balance and contraction.



# STABILITY

Free-ending unmyelinated nerve fibers are abundant around joint capsules, ligaments, and the outer parts of the intra-articular menisci. They mediate pain when a joint is strained and operate in excitatory reflex to protect the capsule. Kinesio Tex Tape can improve joint function by stimulating the proprioceptors within the joint by application over the ligaments and biomechanically supporting the joint. The proprioceptors in the ligaments and joint capsules provide information to the nervous system that allows the musculoskeletal system to provide the appropriate perception of support and movement to the injured joint and provide feedback into the tissues/joints they heal.



# LYMPHEDEMA

The lymphatic systems contain both superficial and deep vessels that respond to localized inflammation and tissue trauma. The Kinesio Taping Method helps to optimize the mechanical connection of the anchoring filaments to the endothelial cells. The lymphatic channels can be decompressed using the elastic qualities of Kinesio Tex Tape. The characteristic convolutions in Kinesio Tex Tape correspond to the channeling effects in the tissues. This allows for the lymph obligatory load to fill the lymphatic capillaries and support normal fluid dynamics.



# KINESIO® PRODUCTS

## KINESIO® TEX GOLD

With over 30 years of research, development and clinical use, Kinesio Tex Gold has become the standard in elastic therapeutic taping. Offering a gentle and effective approach to the re-education of the neuromuscular system, improvement of circulation of blood/lymph, and relief of pain, providing comfort and stability to your patient care needs.



GKT15024  
2" x 16.4'  
Beige

GKT25024  
2" x 16.4'  
Blue

GKT35024  
2" x 16.4'  
Red

GKT45024  
2" x 16.4'  
Black

GKT14125  
2" x 103.3'  
Beige

GKT25125  
2" x 103.3'  
Blue

GKT35125  
2" x 103.3'  
Red

GKT45125  
2" x 103.3'  
Black

## KINESIO® FAN-CUT™

Fan cuts are used for a variety of medical taping purposes. Practitioners and patients have had marked success when using the fan taping for lymphatic draining and to treat swelling (edema) and bruising: any condition that calls for increased circulation of blood and lymphatic fluid. Kinesio Fan cuts are available in two convenient sizes for practitioners to customize and apply following their own training and expertise.



GKT15014  
2 rolls - 1" x 16.4'  
Beige

GKT15034  
3" x 16.4'  
Beige



PCL15024  
5cm x 30cm  
Beige

PCL25024  
5cm x 30cm  
Blue

PCL35024  
5cm x 30cm  
Red

PCL45024  
5cm x 30cm  
Black

PCL15034  
8cm x 30cm  
Beige

## KINESIO® PRE-CUT

Kinesio Pre-Cuts are not a slap on solution. Kinesio Pre-cuts are true field tested Kinesio Taping Applications. Each Kinesio Pre-Cut is adjustable and designed for easy application for work, auto and sports related injuries for the back, neck, shoulder, knee, wrist and foot. Each application comes with easy to follow, step-by-step application instruction, as well as measurement guides on the paper backing to adjust to your patients needs.



PCB9901  
Back Support



PCN9902  
Neck Support



PCS9903  
Shoulder Support



PCK9904  
Knee Support



PCW9905  
Wrist Support



PCF9906  
Foot Support



PCSTARTER1  
Pre-Cut Starter Kit

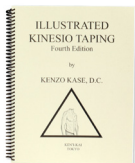
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# KINESIO® PRODUCTS

## KINESIO TAPING® MANUALS

The Kinesio Taping Association is the only recognized source for the support, materials and education that is needed to successfully benefit from the use of elastic therapeutic taping.

With a variety of manuals and seminars for your educational needs, Kinesio has, and always will listen to your needs, bringing you the only approved Kinesio Taping information for the orthopedic, sport, lymphatic, and pediatric communities.



### BK1 - Illustrated Kinesio Taping Manual

The Illustrated Kinesio Taping Manual covers the essentials and gives you a step-by-step approach to the Kinesio Taping Method. With strong illustrated examples of the muscles and joints to be taped, it provides the reader with a detailed look at how and where to apply the Kinesio Tex Tape.

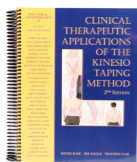
Beginner Level



### BK2 - Kinesio Taping Perfect Manual

Written more for the general population, the Kinesio Taping Perfect Manual covers common clinical conditions with easy-to-follow taping applications. Conditions covered include: Carpal Tunnel Syndrome, Lateral/Medial Epicondylitis, Low Back Strain/Spasms, etc.

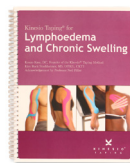
Beginner Level



### BK3 - Clinical Therapeutic Application of the Kinesio Taping Method

The Clinical Therapeutic Applications of the Kinesio Taping Method goes into greater detail in applying Kinesio Tex for specific injuries. This book provides detailed descriptions, as well as pictures, on which Kinesio Taping application to use and how to apply the tape for numerous injuries for orthopedic, sport, lymph, and neurological conditions.

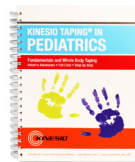
Intermediate/Advanced Level



### BK4 - Kinesio Taping for Lymphoedema and Chronic Swelling

The Kinesio Taping for Lymphoedema and Chronic Swelling manual will show you step-by-step, easy-to-read, full color instruction associated with lymphoedema, chronic swelling, and scar management. Kinesio Taping is sweeping the world as an effective and exciting modality that compliments other "standard" lymphoedema treatments. Lymphoedema is known to affect more than 12 million men, women, and children worldwide, affects any part of the body, and is why the treatment of this condition is on the mind of every health care professional.

Intermediate/Advanced Level



### BK5 - Kinesio Taping in Pediatrics, Fundamentals and Whole Body Taping

The Kinesio Taping in Pediatrics, Fundamentals and Whole Body Taping manual is praised for its unprecedented user friendly style and full color format. Covering conditions that affect children from infant to adolescent, focusing on the necessary foundation needed to increase your effectiveness of the Kinesio Taping applications that will enable your patients to live more productive lives.

Intermediate/Advanced Level

## KINESIO® ACCESSORIES

Kinesio takes pride in offering our users with many great accessories to compliment their Kinesio Taping practices. Keep your eye out for more great Kinesio Taping accessories to be released shortly.

### DSN 210 - Kinesio Pro Scissors



The latest innovation in engineering craftsmanship, the Kinesio Pro Scissor is made from high carbon stainless steel which keeps the blade razor-sharp for years. The Kinesio Pro Scissor is specially coated with teflon which enables the blades to cut cleanly and quickly without leaving any residue, making it the highest quality scissor in the world.



### KTDVD - Clinical Kinesio Taping DVD

This video includes basic theory, functions, and application principles of the Kinesio Taping Method. In addition, Jim Wallis, MS, ATC, CKTI, takes the practitioner through some of the most common clinical conditions found: Lateral Epicondylitis, Rotator Cuff, Lower Back Strain/Spasm, Patella Tracking, and Plantar Fasciitis.

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# DR. KENZO KASE

FOUNDER:

KINESIO TAPING® METHOD AND KINESIO® TEX TAPE

Dr. Kenzo Kase invented and developed the Kinesio Taping® Method over 30 years ago. The Kinesio Taping® Method is designed to facilitate the body's natural healing process while allowing support and stability to muscles and joints without restricting the body's range of motion. It successfully treats a variety of orthopedic, neuromuscular, neurological and medical conditions.

The method originated in Japan in 1979 and over the years it has stretched its horizons to many countries worldwide. Currently, the method is being used by occupational and physical therapists, athletic trainers, chiropractors, acupuncturists, and other health care practitioners alike.

Dr. Kase still teaches his method and continues to be active in the evolution of the technique and product.

**AVAILABLE THROUGH:**

