



Therapeutic Taping Techniques

a comparison of methods and products

Tools for fitness • Knowledge for health

OPTP



Therapeutic Taping

In today's market we are witnessing the steady growth of techniques and products available for therapeutic taping. And why not? A big reason for this growth is the seemingly limitless possibilities for modifications and improvements. When it comes to taping, therapists can work off established procedures, but also experiment with their own variations seeking improved or modified results. In fact, a perfect example of how open a forum taping has become is found in the book, *A Clinical Manual on Therapeutic Taping: for Peripheral and Spinal Syndromes*. In it the authors, Bahram Jam and Abbas Varamini note, "We strongly encourage you to contact us and provide us with feedback on the taping techniques reviewed in this manual. We would greatly appreciate your success stories

and any suggested modifications for any of the material covered in this manual."¹

"When it comes to taping, therapists can work off established procedures, but also experiment with their own variations seeking improved or modified results."

Athletic Taping

Arguably the most commonly used of the three, athletic taping is used for acute, and to prevent, injuries, but has no rehabilitative benefits. Its semi-rigid nature requires a pre-tape and is then applied just before activity and removed directly after. Generally, athletic tape has a significant level of latex and can cause skin irritation from tight compression and moisture build-up.

McConnell Taping Technique

Jenny McConnell, PT, GDMT, founder of the McConnell Institute, developed the method bearing her name for the treatment of patellofemoral pain syndrome. It involves assessing the orientation of the patella, determining which components need to be corrected, taping the patella into alignment, and specifically retraining the appropriate muscles. She has since developed methods for the treatment of the shoulder. Her method can be summarized as a bracing technique that is primarily used for neuromuscular re-education. The tape required is again a two-part combination consisting of a latex-free elastic underwrap (white) and highly rigid/adhesive tape (brown). Two highly accepted options are Leukotape P® with Cover-Roll® stretch, or EnduraSPORTS Tape with EnduraFIX tape.



Leukotape P® & Cover-Roll® stretch

Leukotape P is a high-strength rigid tape with a strong zinc oxide adhesive, while Cover-Roll stretch is a latex-free cross-elastic, non-woven bandage that provides light compression. Both are highly versatile and may be cut (Leukotape can be torn) to any size for easy application.



The Techniques and Tapes Utilized

Perhaps the three most accepted taping techniques in the U.S. today are Athletic taping, McConnell taping, and Kinesio® taping. In this newsletter we will seek to define these methods and the differences between them. (Note: We will focus more on the latter two because of their rehabilitative emphasis.)

Cover-Roll stretch provides patient comfort with a hypoallergenic composition, as well as excellent breathability and painless removal.

EnduraSPORTS & FIX Tape



Similar to Leukotape P, EnduraSPORTS tape is highly rigid with a zinc-oxide adhesive. EnduraSPORTS tape's specially formulated, heat sensitive adhesive grows more secure as the body warms

it and serrated edges make for easy tearing. Endura's FIX tape can be used as a hypoallergenic underwrap for extra protection- especially on sensitive skin.

Kinesio® Taping Technique



Developed in Japan, Kinesio taping is a therapeutic taping technique that involves taping over and around muscles in order

to either give support, or prevent over-contraction. When used for support, the Kinesio method allows for the patient or athlete to retain their full range-of-motion and normal biomechanics. When used to prevent over-contraction, it provides all-day facilitation of lymphatic drainage. This technique is used to alleviate pain and swelling by lifting the skin therefore relieving pressure on the neural receptors and allowing the lymphatic system to drain more freely. This is especially beneficial for massage therapists and their patients, "With the Kinesio Taping Technique, massage therapists are now able to provide lasting results, as the tape is applied immediately after therapy and stays on the client for the next 3-5 days, not only offering clients the support they seek, pain relief they want, and lymph flow they need but does so without affecting range of motion."²

How is all this accomplished? The lightweight and elastic nature of Kinesio Tex Tape is what makes it such an effective therapeutic tool. It's made from a high grade, lightweight cotton containing air circulation waves for enhanced breathability and has 140% elasticity-



the same as human skin and muscles! It's also latex-free and contains a heat-activated adhesive that enables it to stay on for up to five days after application. Kinesio tape is gentle enough to be applied directly to the skin. Multiple colors and water-resistant versions are also available.

Taping Resources



Therapeutic Taping for Peripheral & Spinal Syndromes (#907PKG)

This manual and DVD package provides clinicians with clear demonstrations of beneficial taping techniques for patients with various acute, sub-acute, and persistent musculoskeletal pain syndromes.



The Patella: A Team Approach (#8672)

Learn about imaging studies and the many causes of patellar pain without malalignment. The text teaches a hands-on approach to team treatment with guidance in the McConnell Taping Technique.



Clinical Therapeutic Applications of the Kinesio Taping Method (#8190)

An essential clinical guide by Kenzo Kase, Jim Wallis and Tsuyoshi Kase. Over fifty clinical conditions are covered including patellofemoral, myofascial, and osteoarthritis.

Methods for correction of mechanical, fascia, functional, lymphatic, and ligamental are explained thoroughly with excellent photo imagery.



Mulligan Taping Techniques DVD (#980DVD)

A must-have for clinicians interested in Mulligan concepts. Full-screen video clips enhance demonstration of Mulligan's innovative therapeutic and prophylactic taping techniques.

Product Mentions

All products mentioned in this newsletter can be purchased from OPTP. Shop online at www.optp.com to see all of our taping products & resources, or talk to one of our knowledgeable customer service representatives Monday-Friday from 8AM-5PM CST. Call us today at 1-800-367-7393, and we'll be happy to assist you with all your health and fitness needs.

Copyright © 2006, OPTP

References:

- 1) Jam, Bahram, M.Phty, et al. "Therapeutic Taping for Peripheral and Spinal Syndromes." APTEI, © 2004. P. About the Authors.
- 2) Shiers, Jessie. "The Kinesio Taping Method: An Essential Tool."AMTA Florida Journal, Winter Issue #36, 2005. P. 23.