



Kinesio Taping

Shoulder

Where did it come from?

- ❖ Dr. Kenzo Kase – chiropractor and acupuncture
 - ❖ 1970's
- ❖ Joint distortion due to muscle (not joint/bone)
- ❖ Other tapes immobilized the joint
 - ❖ KT could be taped around the muscle to achieve joint correction
- ❖ Tape characteristics and use based on kinesiology
- ❖ Based on idea that the body can heal itself



When is it used?

- ❖ Used in fields of sports performance, pain management, and physical therapy
- ❖ Orthopedic, neuromuscular, and neurological medical conditions
- ❖ Facilitates the body's natural healing process
 - ❖ Tape over muscles
- ❖ Headaches to foot problems
- ❖ Is also being used in Pediatrics

What does it do?

- ❖ Re-educates neuromuscular system
- ❖ Reduce pain
- ❖ Enhance performance
- ❖ Prevent injury
- ❖ Reduce bruising
- ❖ Promote improved circulation and healing
- ❖ Relax overused/tired muscles
- ❖ Support muscles
- ❖ Manage edema
- ❖ Assist with lymphatic drainage

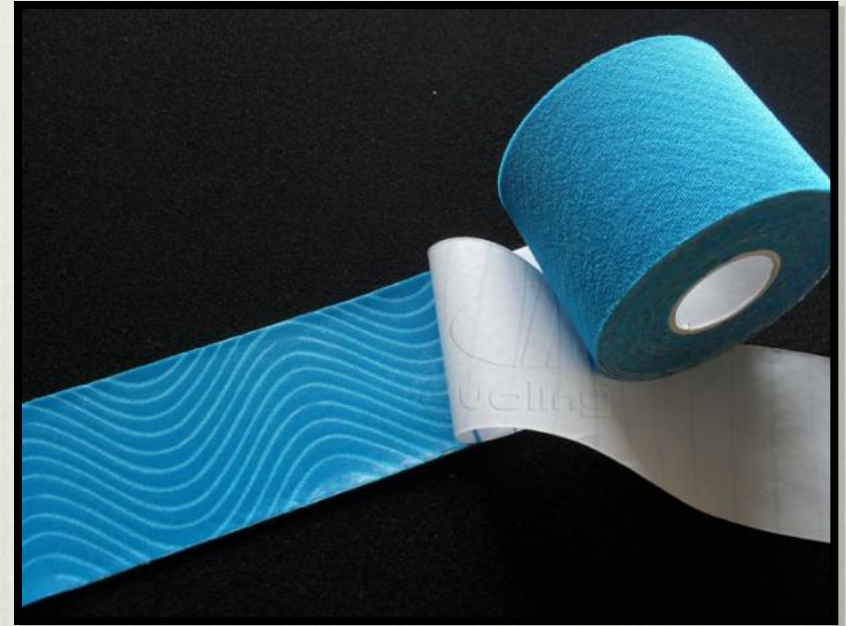
How does it do it?

- ❖ Unique characteristics mimic human skin
 - ❖ Lifts the skin microscopically
- ❖ Increases space between the skin and muscle.
 - ❖ The result is that pressure and irritation are taken off the neural and sensory receptors, alleviating pain and promoting healing.



Properties of Kinesio Tape

- ❖ Mimics flexibility of skin and muscles
 - ❖ Tape is elastic and stretchable
- ❖ Sensorimotor stimulation
- ❖ Hypo-allergenic and latex free
- ❖ 3-5 days of constant use
- ❖ Heat activated adhesive
- ❖ Adhesive wave pattern allows for heat escape
 - ❖ Forms convolutions in the skin
 - ❖ Increases space between skin and muscle



Application Guidelines

- ❖ No hair
- ❖ No oil/lotions
- ❖ Skin should be dry
- ❖ Rub surface of tape to activate adhesive
 - ❖ Apply 1 hour before activity/shower
- ❖ Avoid extreme stretching of tape

Types of Application

- ❖ Stretch and direction
- ❖ Muscle ORIGIN to INSERTION for support
- ❖ Muscle INSERTION to ORIGIN for rehab
- ❖ Tape is applied over the affected area with the muscles in a stretched position. Then the tape is applied from one end of the muscle to the other with very little to no stretch on the tape

Types of Application

- ❖ Single “I” strips or modifications in the shape of an “X”, “Y” or other specialized shapes
- ❖ Therapeutic goal determined by direction and amount of stretch placed on the tape at time of application





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Kinesio Taping- Bruise Pics 1

First visit to Dr. Thien Dang-Tan. Three days after initial injury.

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Kinesio Taping- Bruise Pics 2

Kinesio Tex Tape application by Dr. Thien Dang-Tan during first visit. Three days after initial injury.

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Kinesio Taping- Bruise Pics 3

Second visit to Dr. Thien Dang-Tan. Five days after injury.

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Kinesio Taping- Bruise Pics 4

Second Kinesio Tex Tape application by Dr. Thien Dang-Tan during second visit. Five days after initial injury.



Kinesio Taping- Bruise Pics 5

Third visit to Dr. Thien Dang-Tan. Seven days after initial injury.



Kinesio Taping- Bruise Pics 6

Fourth visit to Dr. Thien Dang-Tan. Nine days after initial injury.

Kinesio Tape vs. McConnell Tape

- ❖ Used for many different diagnoses
- ❖ Tape over the muscle
- ❖ Highly flexible tape/HypoAllergenic
- ❖ Does not affect biomechanics of patient
- ❖ Allows for full ROM
 - ❖ Improves ROM in some instances
- ❖ Can be worn for 3-5 days
- ❖ No compression of the skin
- ❖ Facilitates blood and lymph circulation
- ❖ Bracing/strapping technique
- ❖ Neuromuscular re-ed
- ❖ Rigid cotton tape
- ❖ Affects biomechanics of patient
- ❖ Primarily used for shoulder sublux and patellofemoral issues
 - ❖ Lumbar, foot, hip impingement
- ❖ Worn no longer than 18 hours
- ❖ Suffocating – adverse skin reactions

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- ❖ Allows for full ROM
 - ❖ Improves ROM in some instances
- ❖ Can be worn for 3-5 days
- ❖ No compression of the skin
- ❖ Facilitates blood and lymph circulation
- ❖ Helps rehabilitate injury
- ❖ Most common taping method
- ❖ Extremely rigid
- ❖ Requires pretape to protect skin from irritation
 - ❖ Doesn't allow skin to breathe, traps moisture
- ❖ High latex content
- ❖ Severe compresses skin, muscle and joints
- ❖ Applied immediately prior to activity
 - ❖ Prevent/protect acute injuries
- ❖ Worn only during activity
- ❖ No rehabilitation uses or benefits

Videos

❖ What is kinesio tape

❖ <http://www.youtube.com/watch?v=jwkXHG1IRZU>

❖ How to tape the shoulder

❖ <http://www.youtube.com/watch?v=MoWa1s56VNI>

Kinesio Tape in the Clinic

- ❖ Tape applied for shoulder pain...
 - ❖ “... KT may be of some assistance to clinicians in improving pain-free active ROM...”
- ❖ Tape applied for whiplash...
 - ❖ “...patients receiving Kinesio Taping experienced a greater decrease in pain immediately post application and at the 24-hour follow-up...”

How is this important?

- ❖ It's a clinical tool, so why not use it?
- ❖ “treats” the patient for up to 72 hours
 - ❖ Used in adjunct to therapy and exercise
 - ❖ Extend effects of manual treatment past the clinic
- ❖ Patient experiences the feeling of constant treatment
 - ❖ Placebo?
 - ❖ Removal of pain? Fear of pain?
- ❖ Versatile and Durable – over 1200 recognized applications
- ❖ Takes practice and knowledge - CEUs

References

- ❖ <http://www.kinesiotaping.com/>
- ❖ <http://www.flickr.com/photos/38816128@N02/sets/72157618868838292/detail/>
- ❖ <http://glenviewchiropractor.com/chiropractic-care/kinesio-taping>
- ❖ Short-Term Effects of Cervical Kinesio Taping on Pain and Cervical Range of Motion in Patients With Acute Whiplash Injury: A Randomized Clinical Trial: J. Gonzales-Iglesias; Journal of Orthopaedic and Sports Physical Therapy, 39:7 2009
- ❖ The Clinical Efficacy of Kinesio Tape for Shoulder Pain: A Randomized, Double-Blinded, Clinical Trial: M. Thelen, J. Dauber, P. Stoneman; Journal of Orthopaedic and Sports Physical Therapy, 38:7 2008

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