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
Kinesio Taping - Bruise Pics 1
First visit to Dr. Thien Dang-Tan. Three days after initial injury.
Uploaded on May 27, 2009
0 comments

Kinesio Taping - Bruise Pics 2
Kinesio Tex Tape application by Dr. Thien Dang-Tan during first visit. Three days after initial injury.
Uploaded on May 27, 2009
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Kinesio Taping - Bruise Pics 3
Second visit to Dr. Thien Dang-Tan. Five days after injury.
Uploaded on May 27, 2009
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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. McConnel 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
Kinesio Tape vs. Athletic 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
- 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/721576188688838292/detail/