



What is Kinesio Tape?

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Many of you, especially athletes, have seen or used white tape on ankles or wrists or such, but there is a more beneficial use of Kinesio tape in the field of physical therapy.

Kinesio tape is a taping technique that can be used in conjunction with other therapies and can aide in relieving pain. Kinesio tape is a technique used to give support and stability to joints and muscles without affecting circulation and range of motion. This is exhibited by activating the neurological and circulatory systems. Kinesio tape can help alleviate pain and facilitate lymphatic drainage by micro- lifting the skin and providing less stress on the muscle layer.

Kinesio tape is applied to our muscles to decrease pain, decrease inflammation, relax over used muscles and yet still allow movement. It is not restrictive and allows for full range of motion. Kinesio tape has many benefits. It is comfortable, allows our skin to breathe, allows flexibility, is latex free, is able to keep out sweat and water, and is durable up to 3-5 days.

Kinesio tape is usually applied when muscles are in a stretched position. The tape is applied from one end of the muscle to the other with little stretch on the tape. The tape will allow support and yet still be able to complete rehabilitation.

Kinesio tape can be used for treating several problems ranging from headaches, whiplash, and injuries to shoulders to knees and low backs. Kinesio tape is just another tool that physical therapists may use to maximize the rehabilitation process.