

Kinesiology Taping

with KT Tape™



BACK IN MOTION
SPORTS INJURIES CLINIC, LLC

Kinesiology tape gives support and stability to your joints and muscles without affecting circulation and range of motion. It is also used for preventive maintenance, edema, and pain management.



Kinesiology taping is a technique based on the body's own natural healing process. This tape exhibits its efficacy through the activation of neurological and circulatory systems. This method stems from the science of kinesiology, hence the name "KT Tape," for "Kinesiology Therapeutic". Muscles not only contribute to the movements of the body but also play a role in the circulation of venous and lymph flows, body temperature, and more. Therefore, the failure of the muscles to function properly can induce various symptoms. Consequently, the idea of treating muscles in order to activate the body's own healing process came about. It was thus discovered that muscles could promote the healing process with the assistance of an elastic tape.

KT Tape™ is applied over muscles to reduce pain and inflammation, relax overused tired muscles and to support muscles in movement on a 24hr/day basis. It is non-restrictive type of taping which allows for full range of motion.

Examples of what KT Tape can be used for are: muscular facilitation or inhibition in pediatric patients, carpal tunnel syndrome, lower back strain/pain (subluxations, herniated disc), knee conditions, shoulder conditions, hamstring, groin injury, rotator cuff injury, whiplash, tennis elbow, plantar fasciitis, patella tracking, pre and post surgical edema, ankle sprains, athletic preventative injury method, and as a support method.

Kinesiology Tape Concepts

Muscles constantly extend and contract within a normal range; however, when muscles over-extend and over-contract, such as when lifting an excessive amount of weight, muscles cannot recover and become inflamed. When a muscle is inflamed, swollen or stiff due to fatigue, the space between the skin and muscle is compressed, resulting in constriction to the flow of lymphatic fluid. This compression also applies pressure to the pain receptors beneath the skin, which in turn communicates, "discomfort signals" to the brain and the person experiences pain.

Conventional athletic tape is designed to restrict the movement of affected muscles and joints. For this purpose, several layers of tape must be rolled around and/or over the afflicted area, applying significant pressure, resulting in the obstruction of the flow of bodily fluids, an undesirable side-effect. This is also the reason athletic tape is generally applied immediately before the sports activity, and removed immediately after the activity is finished. Alternatively, KT Tape™ is based on a different principle that aims to give free range of motion in order to allow the body's muscular system to heal itself biomechanically.



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