



Evidence of efficiency :

- Patellofemoral pain
- Ankle Sprain

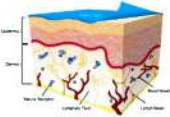
Other Conditions such

- Shoulder pain
- Plantar fasciopathy
- de Quervain's tenosynovitis

Kinesiology Taping

Kinesiology taping (KT) is a therapeutic tool and has become increasingly popular within the sporting arena. It was developed by Japanese Chiropractor Dr. Kenzo Kase in the 1970's with the intention to alleviate pain and improve the healing in soft tissues.

Physiological effects;



- Skin
- Circulatory
- Fascia
- Muscle
- joint

Used For:



- Prevent injuries
- Increase Muscle facilitation
- Sprain/Strain
- Subluxation
- Tendonitis

Clinical benefits:



- Pain management
- Reduce Swelling & Inflammation
- Provides Support without decreased ROM
- Psychological benefits
- Retain ROM in injury

Types of applications:



- I strip
- Y strip
- X strip
- FAN/WEB strip
- Donut strip



Contra-indication:



- PVT
- Fractures
- Infection
- Open wound
- CHF

Limitations:



- Lack of awareness
- Costly
- Require certified professional
- Availability of material.