

The Kinesio® Taping Method has taken the Rehabilitation and Sports Medicine world by storm. This amazing taping method was developed by Dr. Kenzo Kase over 25 years ago in Japan.

Since then, Kinesio® Taping has become the gold standard for therapeutic and rehabilitative taping for treatment of muscular disorders and the management of lymphoedema and chronic swelling.

PRINCIPLE:

The Kinesio® Taping Method is based on a simple principle that the body has built-in healing mechanisms and healthcare practitioners can help to positively influence their efficiency by removing barriers that impede them. Kinesio® Tape provides extended soft tissue manipulation to prolong the benefits of manual therapy administered in the athletic training room or physical therapy clinic. The results are increased fluid flow through an injured area, better control over muscle contractions, reduced pain, and ultimately faster healing. This effect is modulated and coordinated by the nervous system by specifically stimulating the sensory motor system.

Since the introduction of Kinesio® Taping, medical practitioners around the world have

recognised and embraced this effective, safe and best of all, easy-to-use modality. The method and tape allow the individual to receive the therapeutic benefits 24 hours a day with both comfort and ease because it can be worn for several days per application. Currently, Kinesio

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Taping is used in hospitals, clinics, high schools by many professional sports teams.