Kinesio Taping® Association International

TAPPING THE WORLD FOR HEALTH™
What’s In A Name?

• **Proper Name:** Kinesio® Tex Tape (For use with the Kinesio Taping® Method) These are both trademarked.

• **Common Term Use:** Kinesio®, Kinesio® Tape
What can Kinesio® Tex Tape be used for? Virtually everything...

- Acute and chronic pain
- Muscle imbalance
- Postural insufficiency
- Circulatory and lymphatic conditions
- Ligament, tendon and joint injuries
- Fascial adhesions and scars
- Pathological movement patterns
- Neurological conditions
- And More
What is Kinesio Taping®?

- A time tested, therapeutic taping method using a uniquely designed elastic tape

- A modality that optimizes the function of many different tissues and physiologic systems

- A modality that can be applied and worn for extended periods with continued therapeutic benefit between clinical visits
What is Kinesio Taping®?

- Used during rehabilitative and chronic phases of injury
  - Acute
  - Sub acute
  - Rehabilitative
- Preventative
- Return body to Homeostasis
What is Kinesio Taping®?

A tool that can be combined with other modalities:

– Cryotherapy
– Hydrotherapy
– Manual Therapy
– Acupuncture
– Electric Muscular Stimulation (EMS)
– Immediate and long term effects

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Who Founded the Kinesio Taping® Method?

Dr. Kenzo Kase

- Doctor of Chiropractic
  (National College of Chiropractic, USA, 1974)
- Certified in Acupuncture & Moxibustion
- Published Scientific Researcher since 1980
- Founder & Chairman of Kinesio Taping® Association International (KTAI) since 1984
- World renowned teacher and lecturer on the Kinesio Taping® Method, anatomy, and exercise protocols
- Published author of over 90 books
History of Kinesio Taping® & Kinesio® Tex Tape

- As a clinician, Dr. Kase recognized that his manual treatments were effective but often temporary.

- He wanted to offer his patients a “prescription” that was effective between office visits.

- As a researcher, Dr Kase began experimenting with existing tapes but was dissatisfied with the results.

- Dr Kase invented the Kinesio Taping Method in 1979 after 6 years of clinical development.

- From 1979 – 1981 he developed and invented Kinesio Tex Tape, specifically for the Kinesio Taping Method.
History of Kinesio Taping®

- Kinesio Taping Method was used in Japan’s clinical rehabilitation settings
- International exposure due to use in ‘88 Seoul Olympics
- Introduced to the USA in 1995 and to Europe in 1998
- KTA Japan formed in 1984
- KTA US formed in 1997
- KTAI formed in 2007
Kinesio Taping® Today

• 85% of applications are non-athletic

• Professional teams and athletes rely on the unique technique within
  – United States/Canada
  – South America
  – Asia
  – Europe
  – Middle East
  – South Africa

• Introduced into academia as a part of the curriculum
In 2012, over 15 million applications of Kinesio Tex Tape were administered worldwide.

Also in 2012, over 700 Kinesio Taping courses were held, training more than 20,000 medical practitioners.

40 International Distribution Partners representing over 90 countries around the globe.
Unique Qualities of Kinesio Tex Tape

- Tape applied to paper substrate with 10% stretch
- Elasticity to 40-60% of resting length *depending on tape width
- Stretches along longitudinal axis only
- Thickness and weight similar to skin
- 100% medical grade, acrylic heat activated adhesive
- No medicinal properties in tape
Unique Qualities of Kinesio Tex Tape

LATEX FREE!!!!
Why Kinesio Tex Tape?

- Most imitation tapes:
  - meet only 40-60% of Kinesio Tex Tape & Kinesio Taping standards
  - over stretch the fabric onto the paper backing
  - use an adhesive that is too strong for patient populations outside of healthy/young and athletic base
  - have a similar thread count (weave count), which makes the appearance similar to Kinesio Tex, but have too much elasticity resulting in higher irritation rates and discomfort issues
Kinesio Tex Gold FP™

- Nano-touch stimulates epidermis and layers beneath
- Mimics gentle human touch yet provides a more effective hold
- Micro-grip deep set adhesive provides better grip with less surface area
- Higher grade cotton to allow greater breathability
- New protected weave process for improved comfort
- Core properties are consistent with the Kinesio Taping Method
- Hypoallergenic and latex free
- Primarily available to medical professionals

*available in 2” small, bulk, 1” and 3” rolls

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Kinesio Tex Classic

- Hypoallergenic and latex free
- High grade cotton for breathability and comfort
- Entry level pricing point which enables ALL to use authentic Kinesio Tex
- Available to medical professionals and the general public
Tape Removal from Backing

Tear Method

Tear paper substrate approximately 1.5” below end

Gently pull back substrate from tape

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Tape Removal from Backing
Roll Method

Catch front edge of tape

Gently roll down with finger

Pull tape away from substrate
Fold the tape in half
Tear the backing
Pull the backing from both sides
Example of stretch

Feel the Stretch

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• Three main taping techniques recognized within therapeutic communities:
  
  – Prophylactic Athletic Taping
  
  – McConnell® Taping Technique
  
  – Kinesio Taping® Method
Athletic Taping

Most commonly used technique

- Primary purpose not rehabilitative
- Acute injuries and injury prevention
- Limited wear time
- Skin irritation due to latex adhesive
- Requires pre-tape or spray adhesive
- Compression of the skin, joints, and muscles
- Used to limit or assist motion
McConnell® Taping Technique

- Bracing or strapping technique (EnduraTape®, LeukoTape®)

- Extremely rigid, cotton mesh tape

- Requires pre-tape

- Limited uses: primarily orthopedic

- Limited wear time due to skin irritation

- Poor adhesive quality when wet
Kinesio Taping Method

- Latex Free

- Safe for pediatric to geriatric populations

- Longer wear time: 3-5 day period

- Well tolerated

- Rehabilitative

- Works with the body to allow normal ROM
• Enhances the circulatory system via superficial activation

• Restores epidermal tissue homeostasis

• Used worldwide for preventative and clinical conditions
Unique Benefits of Using the Kinesio Taping Method

- More economical
- Easy to apply
- Water resistance improves wear time
- Effective treatment between professional visits
- Application generally lasts 3-5 days

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# Kinesio Tex Tape

![Image of Kinesio Tex Tape](image)

<table>
<thead>
<tr>
<th>Tape Comparison</th>
<th>White</th>
<th>McConnell®</th>
<th>Kinesio®</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latex-Free</td>
<td>✗</td>
<td>✗</td>
<td>✓</td>
</tr>
<tr>
<td>No Pre-Tape Required</td>
<td>✗</td>
<td>✗</td>
<td>✓</td>
</tr>
<tr>
<td>Elastic/Non-Rigid</td>
<td>✗</td>
<td>✗</td>
<td>✓</td>
</tr>
<tr>
<td>Non-Compressive</td>
<td>✗</td>
<td>✗</td>
<td>✓</td>
</tr>
<tr>
<td>Skin Friendly/Breathable</td>
<td>✗</td>
<td>✗</td>
<td>✓</td>
</tr>
<tr>
<td>Allows Full ROM</td>
<td>✗</td>
<td>✗</td>
<td>✓</td>
</tr>
<tr>
<td>Multiple Day Wear</td>
<td>✗</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Water Resistant</td>
<td>✗</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Enhances Circulatory</td>
<td>✗</td>
<td>✗</td>
<td>✓</td>
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<tr>
<td>100’s of Clinical Apps</td>
<td>✗</td>
<td>✗</td>
<td>✓</td>
</tr>
</tbody>
</table>

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The Who’s Who of Sports

2012
The Who’s Who of Sports

2008

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The Who’s Who of Sports

Kevin Garnett
Professional Basketball Player

Cristiano Ronaldo

David Beckham
Professional Soccer Player
The Who’s Who of Sports

SERENA WILLIAMS
PROFESSIONAL TENNIS PLAYER

NOVAK DJOKOVIC
PROFESSIONAL TENNIS PLAYER

RORY McILROY
PROFESSIONAL GOLFER

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Over 75% of MLB teams
Over 50% of NFL teams

“I am pleased with the results we are receiving from using Kinesio tape. We have used Kinesio tape on a number of lower leg injuries with great results.”

Rick Griffin,
(Head Athletic Trainer-Seattle Mariners)

“We have found a multitude of uses for the tape. We have found great results in using the Kinesio Tape for support and stabilization. It definitely helps our players stay on the field.”

David Price,
(Former Head Athletic Trainer-NY Jets)
Five Major Physiological Effects of Kinesio Taping

1. Skin
2. Circulatory/Lymphatic Systems
3. Fascia
4. Muscle
5. Joint
Kinesio Tex Tape Effect on the Skin (Endogenous Analgesic System, superficial fascia)

- Stimuli to mechanoreceptors of skin
- Decrease inflammation and pressure on mechanical receptors
Circulatory/Lymphatic System

- Increase interstitial lymphatic fluid flow
- Enhance fluid exchange between tissue layers
- Reduce edema
- Equalize temperature

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Kinesio Taping Effects on Superficial Lymphatic Drainage

- Lifts the skin, causing convolutions
- Creates channels of low pressure in congested areas
- Decreases pain
Kinesio Taping after 12 Hours
• Relieves pain
• Increases Range of Motion
• May normalize length/tension ratios to create optimal force
• Assists tissue recovery
• Reduces fatigue
• Improves muscle contraction of a weakened muscle (Facilitation)
• Stimulate relaxation of over-contracted muscle (Inhibition)
• Improves joint biomechanics and alignment
• Balances agonist and antagonist
• Reduces protective muscle guarding and pain
• Facilitate ligament & tendon function
• Enhance kinesthetic awareness
Cerebral Palsy

Before Taping

- Scapula is elevated
- Asymmetry with head, neck and trunk

photo courtesy of Audrey Yasukawa, OT, CKTI

Before Taping
Cerebral Palsy

After Taping

photo courtesy of Audrey Yasukawa, OT, CKTI

After Taping

Look at the changes:

- What was inhibited?
- What was facilitated?
- You cannot tell just from looking at the tape
Cerebral Palsy

After Taping

• Lower Trapezius facilitation

• Trunk Extensors to activate and shift weight

• External Rotation to align Humerus

photo courtesy of Audrey Yasukawa, OT, CKTI

After Taping

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Application of Kinesio Taping

- Assess/Screen
- Tape
- Re-assess
- X, I, Y & Fan Cuts
  (the Y & I cuts are most common)
Basic Applications

Concept

**D to P (I to O)**
Distal → Proximal (Insertion to Origin)
To inhibit overused muscle- Acute conditions, muscle spasm

*15% to 25% tension*

**P to D (O to I)**
Proximal → Distal (Origin to Insertion)
To facilitate weak muscle-chronic conditions, rehabilitation

*15% to 35% tension*

Therapeutic Direction is the recoil of the tape toward the anchor
Therapeutic Zone is the targeted tissue
Application of Kinesio Taping

- Kinesio Tex tape is generally applied to stretched tissue, with appropriate stretch added to the tape
- Less is more
- No tension on the anchor or end
• *Paper Off Tension* Tape is applied with the 10-15% tension off the substrate.

• *P to D (O to I)* applied with 15% - 35% tension
  Proximal to Distal (Origin to Insertion)

• *D to P (I to O)* applied with 15%-25% tension
  Distal to Proximal (Insertion to Origin)

• Tensions greater than 50% are for Corrective techniques only (KT2)
Application of Kinesio Taping

• Skin should be free of oils and dry

• After application, lightly rub the tape to activate the heat sensitive adhesive

• Tape application in moist areas or prior to swimming: apply 30-40 minutes prior to activity

• Tape both the pain, and cause of the pain
Limitations of Kinesio Taping

• Body hair may need to be clipped or shaved

• Apply tape approx. 30 minutes before activity

• Application during activity may require the use of a tape adherent

• Patient education is important component to success of application
Roll Method:

• Remove in direction of hair growth

• Roll the tape off using the base of the hand to brush/pat skin gently to reduce discomfort
Removal of Kinesio Tex Tape

“PRESSURE” Method:

- Pull edge of tape away from skin
- Place index finger against tape with downward/inward pressure
- Pull tape up and away with moderate to high tension
- Maintain index finger pressure as tape is removed

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Removal Of Kinesio Tex Tape

“Skin from tape” Method:

• Pull the skin back from the tape
• Tape may be removed while bathing
• Soap, hand lotion or oil (baby or mineral) may be applied to the tape to break the adhesive bonds comfortably
Initial Difficulties with Kinesio Taping Method

- Unlearn traditional athletic tape application methods
- Proper patient assessment is critical
- Taping for neurological and lymphatic as well as orthopedic conditions
Let’s Start Taping!
Kinesio Taping Demonstration

• Lower Back Spasm and Strain
This muscle group provides vertebral stabilization and can become injured as a result of sudden overload, possibly in extension, weak muscles, trunk rotation and may be associated with lumbar intervertebral disk herniation.

The Kinesio Taping technique will assist in reducing acute or chronic muscle spasms, edema, and pain.
• I Strip

• Measure from crest of Sacrum (SI) to approximately T12

• Cut 2 lengths of Kinesio Tex Tape. The Kinesio I Strips will be placed along the Erector Spinae muscles
Anchor tape to Left SI region with no tension

Begin by placing the patient in a forward bent position
Kinesio Taping Erector Spinae Muscle Strain, Lumbar Region

- Position: Lumbar spine flexion with rotation to opposite side
- Apply Kinesio I Strip to the skin by pulling the paper backing off while guiding the tape onto skin
- Use only paper off tension over the musculature
Activate adhesive by rubbing the Kinesio Tex I Strip prior to any movement.

- End at T12-L1
- End with no tension
- Rub until you begin to feel warmth
Apply second Kinesio I Strip on the right by repeating these steps:

- Apply anchor with no tension
- Position patient into lumbar flexion and rotation as tolerated
- Apply with paper off tension
- End applied with no tension
- Rub to activate adhesive prior to movement
- Anchor at SI area
- Paper off tension
- End at T12-L1
- Rub to activate the adhesive
- Don’t rub against the edge of the tape
Kinesio Taping Erector Spinae Muscle Strain, Lumbar Region

- Position: Lumbar spine flexion
- Measure and cut I Strip
- 25-35% Tension, Space Correction Technique
- Begin by tearing Kinesio I Strip in the center
- Using 25-35% stretch, apply tape directly over the region of greatest pain or spasm

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Kinesio Taping Erector Spinae Muscle Strain, Lumbar Region Lab

Completed Taping

Erector Spinae Muscle Group

- Two erector I Strips
- P to D Facilitation
- Paper off Tension

Space Correction

- I Strip
- 25-35% Tension in the middle over region of pain or spasm
- No tension on the ends

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- Cut an appropriate length of multiple I Strips: 6-8 inches
- Tear the center of the I Strip
- Space Correction 25-35% Tension
• With the patient in a neutral position

• Apply first strip with 25-35% of available tension to the center of the I Strip

• Apply center zone of I Strip directly over therapeutic zone

• End with no tension and activate adhesive prior to movement
Have the patient move into flexion

Apply a second I Strip with 25-35% tension in the middle

End with no tension and rub to activate adhesive
- Have the patient move into flexion with rotation to one side

- Apply a third I Strip with 25-35% tension in the middle

- End with no tension and rub to activate adhesive

- Apply fourth I Strip having the patient moving to flexion with rotation to opposite side
Kinesio Taping Erector Spinae Muscle Strain, Lumbar Star Technique

- Completed I Strip Star Technique
- Measure and cut 4 I Strips
- 25-35% tension in center
- End with no tension
- Activate adhesive
Kinesio Tex Tape Colors

- Beige was the first color
- Red (Pink) and Blue were developed for Color Therapy
- Black was developed for athletes
- White preferred by hospital and medical industry
- All manufactured with identical properties
- The dyes are hypoallergenic, derived from plant extracts
KINESIO TAPPING
PERFECT MANUAL

AMAZING TAPPING THERAPY TO
ELIMINATE PAIN AND
MUSCLE DISORDERS

by: Kinesio Taping Association

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Scissors
Education

- Order the books and video
- Take the Kinesio Taping Courses and CKTP Exam to become certified
- Courses are listed on the Kinesio Taping website [www.kinesiotaping.com](http://www.kinesiotaping.com)
- Database Access
Courses & Seminars

- Kinesio Taping Association Courses
- Approved Partner Hosted Courses
• Become a member of the Kinesio Taping Association International and have access to the online database (www.kinesiotaping.com)
Basic Components of Kinesio Taping Database

- Index of muscles
  - Screening Assessments and Muscle Testing
  - Matrix/response & recommendations
  - Taping application
  - Video
- Division Search
- Symptom Search
- Screenings
Questions ???

Linda Delker
Education Project Manager
888-320-TAPE
505-797-7818
ldelker@kinesiotaping.com

Paula Callahan
Seminar Department Manager
888-320-TAPE
505-797-7818
pcallahan@kinesiotaping.com