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The vision behind the Kinesiology taping system was to design a tape and taping style which would effectively provide support to muscles and reduce pain while maintaining a functional range of motion. HOW DOES IT WORK?

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KINESIOLOGY TAPING GUIDE -  
Spartan Tape

We help athletes of every level go stronger, longer with the best kinesiology tape, cutting-edge education, and fitness support products. We want people to move more, and move better. \*Not

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clinically proven for all injuries.  
Our products and website are not  
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TheraTape

Kinesio Taping for Lymphoedema and Chronic Swelling As the title indicates, this instruction manual provides in-depth coverage of therapeutic taping for issues related to the lymphatic system. Conditions covered include

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lymphedema, acute or chronic swelling, pitting edema, indurated tissue, scar tissue, contusions and chronic venous conditions.

The Kinesio Taping Method - How to Apply Kinesio Tape ...

The Kinesio Taping® Method is a

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definitive rehabilitative taping technique that is designed to facilitate the body ' s natural healing process while providing support and stability to muscles and joints without restricting the body ' s range of motion as well as providing extended soft tissue

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manipulation to prolong the benefits of manual therapy administered within the clinical setting.

What is the Kinesio Taping Method? | Kinesio Tape  
Kinesiology taping (KT) is a

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therapeutic tool and has become increasingly popular within the sporting arena. Taping has been used for a long time for the prevention and treatment of sporting injuries. KT is not only used for sporting injuries but for a variety of other conditions.

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Kinesiology Taping - Physiopedia  
The American Physical Therapy Association reports that kinesiology taping is most effective when it ' s used in conjunction with other treatments like manual therapy. “ We use



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Kinesiology taping (KT) is a therapeutic tool and has become increasingly popular within the sporting arena. Taping has been

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used for a long time for the prevention and treatment of sporting injuries. KT is not only used for sporting injuries but for a variety of other conditions.

Taping - Physiopedia  
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Taping. In addition to the manual therapy and therapeutic exercise that a patient receives, kinesio tape may be applied to the painful site to help continue the healing process once the patient leaves the clinic. What is Kinesiotaping? A therapeutic taping method used

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to facilitate the body ' s natural healing process while providing support and allowing full ...

Kinesio tape for healing & Support  
| The Manual Touch ...

Kinesio Taping is a technique that can be combined with other

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therapies including acupuncture, manual therapies, and electrical modalities. The tape can be worn for extended periods of time with continued therapeutic benefit between clinical visits.

Kinesio Taping – Encompass

*Page 39/44*

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Calgary Sports Therapy

<http://www.johngibbonsbodymaster.co.uk> John Gibbons a registered Sports Osteopath demonstrates Kinesiology Taping for Plantar Fasciitis. Interested in learni...

How to apply Kinesiology Taping

*Page 40/44*



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for Plantar Fasciitis ...

Athletic Taping. Athletic taping is often also referred to as Taping and Strapping, Sports Taping, or Zinc Oxide Taping. This method of taping is mainly used in sporting scenarios and for the treatment of injuries within a clinical setting.

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Alongside the treatment of injuries, it can be useful to help reduce postural related pain.  
Kinesiology ...

Kinesiology Taping and Sports  
Taping - What's the ...  
The original Kinesio Tex Tape and

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the Kinesio Taping Method were developed by Dr. Kenzo Kase, a Japanese Chiropractor who trained in the United States. In the early 1970 he developed a specialized tape that could aid the body in healing itself.

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