KINESIOLOGY TAPING (KT)

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5 CONTRAINDICATIONS FOR KINESIOLOGY TAPING

1. **DVT (Deep Vein Thrombosis).** DVT is a condition in which blood clots form in one or more of the deep veins of the body (often in the leg veins). Using KT Tape in cases of deep vein thrombosis can cause blood clots to break free and travel to one of the vital organs (heart, lungs, or brain), which could be fatal.

2. **Kidney problems, such as Renal Insufficiency.** Because KT Tape improves blood circulation and promotes lymphatic drainage, using it in conditions where the kidneys are unable to properly process body fluids can cause serious problems.

3. **Congestive Heart Failure.** Because heart failure creates an already excessive buildup of blood in the heart muscle. Moving fluid back to a failing heart can overwork it.

4. **Infection.** In a similar sense to the two conditions above, the efficient movement of fluids throughout the body which KT Tape facilitates can encourage the spread of infection to other parts of the body. Since this would be undesirable and dangerous, it’s best to avoid taping whenever infection is present.

5. **Cancer.** The experts tell us that taping when cancer is present may cause cancer cells to spread to other parts of the body (called metastasis), which is very dangerous. For this reason, the company gives the following unequivocal warning: “Without exception, tape should never be used with malignancies.”
6 GUARDED USES

1. Frail Skin. Elderly people can have thin skin and the removal of tape will rip the skin and damage the integumentary system.

2. Fractured Sites. Taping does not promote the healing of bone at a fractured site.

3. Diminished Sensation. Patient must have healthy sensation so proper application of taping can be administered.

4. Impaired Lymph. If blockages are not removed in the lymphatic systems then lymph flow is made worse with taping.

5. CHF or Swelling. Swelling is not suitable for taping and must not be attempted.

6. Dementia. We need feedback information from patients before taping can be applied.

INSURANCE DOCUMENTATION

- 97112 Neuromuscular Re-Education. Balance, coordination, posture and/or proprioception.

- 97110 Therapeutic Procedures/Exercise. Exercises to develop strength, endurance, range of motion and flexibility.
BENEFITS AND INDICATIONS FOR KINESIOLOGY TAPEING

1. Pain Relief
Kinesiology taping relieves pain through both physical and neurological mechanisms. *The lifting action of the tape relieves pressure on pain receptors directly under the skin, allowing for quick relief from acute injuries.* Chronic pain is affected through sensory stimulation of other types of nerve fibers. This is especially effective for pain that persists after an injury has healed or for pain that is out of proportion to the severity of an injury.

2. Reduced Swelling, Inflammation and Bruising
Reduced pressure on the lymphatic drainage channels enhances the removal of fluids and other materials that collect in an injured area. This applies not only to sports injuries, but to other inflammatory conditions, including the extreme swelling of lymphedema.

3. Prevention or Relief from Spasms and Cramping
Enhanced circulation to working muscles helps deliver oxygen and nutrients at the cellular level as well as accelerate the removal of waste products. Both of these mechanisms can help prevent or relieve spasms and cramps in overused or injured muscles.
4. Speedier Recovery of Overused Muscles
Fatigued, overused muscles contain byproducts of exercise (such as lactic acid) that contribute to pain and stiffness and limit the ability to continue exercising. When kinesiology tape is used over these areas, enhanced removal of these byproducts allows for more rapid recovery.

5. Structural Support for Weak or Injured Body Parts
The unique elastic properties of kinesiology tape allow it to provide support to an injured muscle or joint, discouraging harmful movements while still allowing a safe, healthy range of motion.
6. Allows Athletes to Remain Active while Injured
This is one of the most important benefits of kinesiology tape for competitive athletes. Injuries can be taped to relieve pain, minimize inflammation and provide support for injured structures, without compromising a healthy range of motion. Except in the case of severe injuries, this can allow athletes to continue training and/or competing as their injuries heal.

7. Enhanced Strength and Muscle Tone in Weak or Injured Muscles
Loss of strength or muscle tone can result from pain, injury or a variety of neurological or muscular disorders. In these situations, the weakness can interfere with the ability to do the exercises that are critical to recovery or improving daily functioning. Kinesiology tape not only provides support to these areas, but it can also improve neurological muscle activation, allowing therapeutic exercises to be carried out more effectively. One of the major uses in this category is with infants and young children with hypotonia, poor muscle tone that limits their ability to learn to sit up, crawl, etc.
EFFECTS OF KINESIOLOGY TAPE (HOW IT WORKS)

- Assist in removal of edema by directing exudates toward lymph ducts (increases circulation).
- Lifts fascia and soft tissue above area of pain/inflammation (Nociceptors).
- Provide sensor stimulation to assist or limit motor motion (facilitates).
- Provide positional stimulus through the skin (sensory feedback).
- Create temperature changes by color: black absorbs light and increases temp and blue reflects light and may decrease tissue temperature.
SUGGESTED BRANDS OF TAPE

KT tape evolved into being more like the skin in thickness and elasticity.

KT precut shapes now are made with an acrylic adhesion (can be applied up to five days).

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KT precut shapes now are made with an acrylic adhesion (can be applied up to five days).

KT Tape invented by Kenzo Kase D.C., over 30 years ago.
KT TAPE FOR HORSES
“I” Strip

- One long strip of tape directly over the area of injury or pain.
- Base is applied with no tension and muscle on stretch, tension is applied evenly, as the tape is being laid down follow behind with a thumb or finger and end with not tension.
- Used on linear muscles, after and acute injury, or to control gross motor movement.

“X” Strip

- Cut an “I” strip and then cut at both ends forming and X.
- Typically used for a muscle which crosses two joints.
- The stretch is added to the middle 1/3 of the X strip, placed over the muscle belly, and the tails are laid down with no tension.
- For Large muscles or two muscles.
SHAPES AND USES OF KINESIOLOGY TAPING

“Y” Strip

- Cut an “I” strip and the cut down the middle to about ¾ of the way down.
- Base is applied with no tension while the muscle is on stretch, tension is applied through each tail and end with no tension.
- Often used to surround joints or the muscle belly.

“Fan” Cut

- Used for improving circulation and decreasing.
- Anchor with no tension and apply to muscle on stretch with paper off, end with no tension.
- Proximal to Distal application.
SHAPES AND USES OF KINESIOLOGY TAPING

“Web” Cut
- Used for improving circulation and decreasing swelling and bursitis.
- Cut the middle of the tape into 4 strips allowing each end to remain uncut.
- Apply the base with no tension, lay down the strips with paper off tension to the muscle on stretch, end with not tension and adjust the strips.

“Button Hole” Cut
- Used for digits of the hands and feet.
- Fold the “I” strip about 2 inches from the end and cut two triangles at the end forming to diamonds.
- Feed the fingers/toes through and apply base with no tension, lay down the strip with paper off tension and the muscle on stretch, end with no tension.

“Donut” Cut
By beginning with two basic scientifically designed taping techniques, the Kinesio Taping Method balances muscles and restores lost function.

Through the first technique (Distal to Proximal), Kinesio Tape applications are able to address acute injuries and trauma caused by overuse and promote rehabilitation.

The second technique (Proximal to Distal) allows Kinesio Tape to treat chronic muscle conditions and increase muscle function when needed.

**MUSCULAR FACILITATION AND INHIBITION**

- **Inhibits**
  - Distal to Proximal
  - To inhibit overused muscles. Acute conditions, Muscle Spasms.

- **Facilitates**
  - Proximal to Distal
  - To facilitate weak muscle, chronic conditions, and Rehab.
**MUSCULAR FACILITATION AND INHIBITION**

**TO INHIBIT A MUSCLE**
- “I” Strip
- Always Distal to Proximal with 15-20% tension.
- Anchor with 0% tension distal.
- End with 0% tension Proximal.

**TO FACILITATE A MUSCLE**
- “I” Strip
- Always Proximal to Distal with 25% tension.
- Anchor with 0% tension Proximal.
- End with 0% tension Distal.

Distal vs. Proximal: Research to date shows no significant difference. Main objective is to be consistent.
SOME TYPES OF KINESIOLOGY TAPING

- Microcirculatory Application
- Postural Application
- Neurosensory Application
- Trigger Point
- Structural Support

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<tr>
<th>Application</th>
<th>Tissue</th>
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<tr>
<td>Microcirculatory</td>
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<tr>
<td>Structural Support</td>
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</tbody>
</table>
MICROCIRCULATORY APPLICATION

Usages:
- Swelling
- Edema
- Lymphatic
- Bruises
- Elongate Tissues not the Tape
- Placement is Over Effected Area

Microcirculatory Application
Usages:
- Correct Position
- Correct Posture
- Injury to the Joint
- Protect Harmful ROM
- Stretch Tape with Short Angle Muscle
- Shorten Tissue
- Kinesthetic Awareness

STRUCTURAL APPLICATION

0 = No Stretch
S = Stretch Area 25%

= Tissue/Contract

Structural Application
Neurosensorial Application

Usages:

- Allows Movement
- Helps Muscle Tone
- Helps with Pain
- Helps Neuro Stimulation
- Muscle Activation
- Stretch Muscle
- Do not Stretch Tape

0 = No Stretch
S = Stretch Area 0%
→ = Tissue/Elongate
Usages:
- Helps with Pain
- Helps Neuro Stimulation
- Neutral Muscle
- Stretch Tape 80-100%
- Use Cross or Star Pattern

0 = No Stretch
S = Stretch Area 0%
(Tissue/Neutral)

Trigger Point Application
PREPARE THE SKIN FOR KINESIOLOGY TAPING

- Clean Skin
- Use Alcohol or hand sanitizer
- Clip hair of area of skin to be treated
- Pat tape dry after shower
- Tape can be worn up to five days
WEAR SCHEDULE

- 2-5 Days
- Stop Using
  - No Pain
  - Normal firing patterns, function, stability
  - Reduced or minimal edema
  - Allergic reaction
- Continue Using
  - Chronic conditions improve by use
  - Performance enhancement
  - Injury prevention
  - Structural deformity
KINESIOLOGY TAPE HANDLING SKILLS

- Tear tape at the borders of the perforation first
- Do not touch adhesive
- Work on one area at a time
- Apply tape once only and do not un-tape and re-tape
- Rub tape to activate adhesive
HOW TO REMOVE KINESIOLOGY TAPING CORRECTLY

- Avoid skin irritation
- Elongate skin in opposite direction of tape pull
- Remove tape in opposite direction of the skin pull
CHARACTERISTICS: SHOULDER IMPINGEMENT SYNDROME

- There is a region in the shoulder joint called the coracoacromial arch. The supraspinatus tendon and the sub-acromial bursa are underneath this arch.

- Repeated abduction and forward flexion of the shoulder will impinge the supraspinatus tendon or sub-acromial bursa underneath the coracoacromial arch.

- This is a common repetitive motion injury brought on by over use of the same shoulder movements. Example would be a house painter, assembly worker, or a swimmer.
**BODY POSITION**

Tilt the head away from the shoulder, looking down and place arm around the front of the body.

- **Shoulder Flexion**

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**KT-TREATMENT: GENERAL SHOULDER**

**Strip 1**

- **0% STRETCH**
  - **ANCHOR:** Full strip on the lower deltid without stretch

- **20% STRETCH**
  - **APPLY:** Tape around the back of the shoulder with 20% stretch as shown
Strip 2

Shoulder Extension

Done

0% STRETCH

ANCHOR: full strip half an inch below the first piece of tape without stretch

20% STRETCH

APPLY: tape up to the top of the shoulder with 20% stretch with arm back as if throwing a bowling ball

0% STRETCH

APPLY: the last two inches of tape without stretch
CHARACTERISTICS: PROTRACTED SHOULDERS

- **Signs and Symptoms:** As the shoulders are pulled forward from the midline, the connected scapula end up rotating forward as well.

- **Other Signs:** Protraction tends to cause the inner edge of the scapula to protrude slightly from the back thus, sticking out like a pair of miniature wings.
KT-TREATMENT: PROTRACTERED SHOULDERS

Retracted Shoulders for Start Position

Strip 1
0%

25%

0%
KT-TREATMENT: PROTRACTED SHOULDERS

Strip 2

0%

50%

0%
CHARACTERISTICS: LATERAL HUMERAL EPICONDYLITIS

- This condition was first reported because of the frequency which it affected tennis players.
- The irritation and micro tearing of the tendon fibers of the extensor group is mostly the result of excessive eccentric loading on the extensors of the wrist.
- The client will have pain, possibly some swelling, and limitation of movements that involve the wrist extensors.
- This condition frequently develops in occupational situations where people have to do repetitive flexion and extension motion of the wrist.
LATERAL HUMERAL EPICONDYLITIS

**Body Position**

Bend elbow at 90 degrees in front of body

**Elbow Flexion**

1. **80% Stretch**
   - Anchor: middle of half strip of tape over point of pain with 80% stretch
   - Apply: lay ends of tape down without stretch

2. **0% Stretch**
   - Anchor: middle of second half strip in an X pattern over first strip with 80% stretch
   - Apply: lay ends of tape down without stretch
KT: LATERAL HUMERAL EPICONDYLITIS

Strip 3

0% STRETCH
ANCHOR: full strip on upper arm an inch above the X pattern

25% STRETCH
APPLY: tape around elbow over point of pain toward the forearm with 25% stretch

0% STRETCH
FINISH: apply last two inches of tape without stretch

Done
CHARACTERISTICS: CARPAL TUNNEL SYNDROME

- CTS is a nerve compression syndrome which is created by the compression of the median nerve in the anterior region of the wrist.
- A tunnel is formed in the wrist by the carpal bones which make up the “roof” or the tunnel and a soft-tissue band called the flexor retinaculum which makes up the “floor” of the tunnel.
- The tunnel is shared by the median nerve and the tendons of hand and wrist flexors.
- Due to overuse the tendons of the flexor muscles will swell within this tunnel. When they swell, they press on the median nerve causing pain, numbness, and lack of motor function.
KT: CARPAL TUNNEL SYNDROME

Strip 3

Structural-Positional

0 100% 0

100%

0% 0%

8

9
Sprained thumb is usually the result of a repetitive activity that puts excessive pressure on the thumb joints, forcing the thumb to move beyond its movement range.

The cases of sprained thumbs are extremely common in contact sports like rugby or martial arts where the thumb comes under pressure during any block or collision. The most common causes of thumb strain are:

- Hyperextension force -- a force which makes the thumb go backwards beyond its movement limit.

- Hyper flexion force -- a force which makes the thumb go forwards beyond its movement limit.
KT-TREATMENT: SPRAINED THUMB

Thumb Position

Strip 1

0%

1

50%

0%

0%

0%

Wrist Neutral

0%
KT: SPRAINED THUMB

Strip 2

Tape Over Thumb Tip

Wrist Neutral

50% 0% 0%
Taping the Cervical Spine
Taping the Thoracic
Taping the Ribs
Taping the Lumbar Spine
Taping the SI Joint
Stress is stored in these muscles and can cause headaches, shoulder pain, and other damaging compensations.

Sitting at a computer all day, looking down while running, whiplash, sleeping poorly, or sudden movements and changes in direction are also common causes of neck pain.

Factors include muscle strain, ligament sprains, arthritis, spinal subluxations, pinched nerves, knots or adhesions, and countless other musculoskeletal complications.
KT-TREATMENT: NECK AND SHOULDERS

Strip 1

1. **0% STRETCH**
   - **ANCHOR:** Full strip an inch to side of the spine

2. **25% STRETCH**
   - **APPLY:** Tape up neck with 25% stretch

3. **0% STRETCH**
   - **FINISH:** Lay last two inches without stretch

**BODY POSITION**

Stretch the neck by tilting the head forward and tucking the chin to your chest.
KT-TREATMENT: NECK AND SHOULDERS

Strip 2

Strip 3

Step 4: 0% STRETCH
ANCHOR: full strip to opposite side of the spine

Step 5: 25% STRETCH
APPLY: tape up neck with 25% stretch

Step 6: 0% STRETCH
FINISH: lay last two inches of tape down without stretch

Step 7: 80% STRETCH
ANCHOR: middle of full strip of tape over point of pain with 80% stretch

Step 8: 0% STRETCH
APPLY: lay last two inches of each end down without stretch
Rib cage pain may be sharp, dull, or achy pain felt at and below the chest and above the navel on either side.

It may occur after an obvious injury or without explanation.

The ribs are the individual bones that form the rib cage.

Potential causes of rib pain may include excessive strain, blunt force, or abrupt changes in direction.

KT Tape helps treat the condition by relieving pressure and increasing circulation.
KT-TREATMENT: RIB PAIN

Structural-Positional & Neurosensory

**BODY POSITION**

Lift the arm over the head to stretch ribs.

**Strip 1**

50% STRETCH
ANCHOR: middle of full strip of tape with 50% stretch below point of pain
FINISH: apply last two inches of each end without stretch

**Strip 2**

50% STRETCH
Anchor: middle of second full strip above point of pain, parallel to first strip, with 50% stretch
FINISH: apply last two inches of each end without stretch
KT-TREATMENT: RIB PAIN

**Strip 3**

**0% STRETCH**

ANCHOR: middle of third full strip over first two strips with 50% stretch

FINISH: apply last two inches of each end without stretch

**Strip 4**

**0% STRETCH**

ANCHOR: middle of fourth full strip to form a box around the point of pain with 50% stretch

FINISH: apply last two inches of each end without stretch
CHARACTERISTICS: THORACIC PAIN

- **Upper back pain**, also called **middle back pain** or **thoracic back pain**, is back pain that is felt in the region of the thoracic vertebrae, which are between the bottom of the neck and top of the lumbar spine.

- It has a number of potential causes, ranging from muscle strain to collapse of a vertebra or rare serious diseases.

- The most common causes of upper back pain are unknown but theorized to originate from muscular irritation, intervertebral discs, spinal facet joints, ribs or soft tissue (e.g. ligament/fascia) problems.
Pain in the low back can be a very complicated problem.

Low back pain can be caused by hip misalignments, sitting or standing for long periods of time, overuse, or blunt force trauma.

KT Tape helps treat this condition by relieving pressure and providing support for the back.
**KT - TREATMENT: LOW BACK PAIN**

**Strip 1**
- **80% STRETCH**
  - Anchor: middle of full strip of tape over point of pain with 80% stretch
  - Finish: lay ends down without stretch

**Strip 2**
- **80% STRETCH**
  - Anchor: middle of second full strip under first strip with 80% stretch
  - Finish: apply ends of tape without stretch

**Body Position**
- Lean forward to stretch the lower back

**Finish**
- Structural-Positional & Neurosensory
CHARACTERISTICS: SI JOINT PAIN

- There are many different terms for sacroiliac joint problems, including SI joint dysfunction, SI joint syndrome, SI joint strain, and SI joint inflammation.

- Each of these terms refers to a condition that causes pain in the SI joints from a variety of causes.

- As with most other joints in the body, the SI joints have a cartilage layer covering the bone. The cartilage allows for some movement and acts as a shock absorber between the bones.

- When this cartilage is damaged or worn away, the bones begin to rub on each other, and degenerative arthritis (osteoarthritis) occurs. This is the most common cause of SI joint dysfunction.
KT-TREATMENT: SI JOINT PAIN

Strip 1

80%

Back Position

1

80%

2

0%

3

0%
KT: TREATMENT: THORACIC PAIN

Strip 2

80%

0%

0%

Done

80%

0%

0%
Taping the Quads
Taping the Knee
Taping for Edema
Taping the Calf
Taping the Foot
Taping the Big Toe
CHARACTERISTICS: QUADRICEPS PAIN

- Quadriceps muscles are most often strained when an athlete is trying to accelerate.

- The quadriceps muscles are placed under more force than they can withstand, and the muscle fibers, tendons, or both begin to tear away from the bone.

- When the muscles are fatigued, overused, or not adequately warmed up, they’re more susceptible to strain.

- An imbalance between weak quadriceps and stronger hamstrings can also cause the injury, a condition that is common among runners.
BODY POSITION

Stretch the quad

0% STRETCH
ANCHOR: full strip of tape without stretch on inner quad two inches above knee

25% STRETCH
APPLY: tape up quad with 25% stretch

0% STRETCH
FINISH: lay last two inches down without stretch

Strip 1
KT-TREATMENT: QUADRICEPS PAIN

Strip 2

0% STRETCH
ANCHOR: full strip on outer quad two inches above knee without stretch

25% STRETCH
APPLY: tape up quad with 25% stretch

0% STRETCH
FINISH: lay last two inches down without stretch

Done
CHARACTERISTICS: KNEE EDEMA

- Signs and symptoms of water on the knee depend on the cause of excess fluid build-up in the knee joint. These may include: Pain, Swelling, Stiffness, Bruising.

- Causes of the swelling can include arthritis, injury to the ligaments of the knee or an accident after which the body's natural reaction is to surround the knee with a protective fluid.

- There could also be an underlying disease or condition.

- The type of fluid that accumulates around the knee depends on the underlying disease, condition or type of traumatic injury that caused the excess fluid. The swelling can, in most cases, be easily cured.
KT - TREATMENT: CHONDROMALACIA PATELLA
Chondromalacia is a gradual onset condition that will present with anterior knee pain that is felt under that patella.

It is created by compression and degeneration of the articular cartilage on the underside of the patella. This will happen as a result of improper patellar tracking or certain bony configurations such as overly large femoral condyles.

The patella needs to track straight in the groove between the femoral condyles, and if it does not, it will cause excess friction and wear on the cartilage on the underside of the patella.

The Q angle is described by the angle formed between two imaginary lines.

The first is created by drawing a line from the Tibial tuberosity through the midpoint of the patella.

The second is formed by drawing a line from the ASIS through the midpoint of the patella.

An excessively large Q angle (more than 15 degrees in men or 20 degrees in women) causes many of the problems associated with knee mechanics and patellar tracking.
TREATMENT: CHONDROMALACIA PATELLA

1. **80% STRETCH**
   - **ANCHOR**: middle of half strip of tape under kneecap with 80% stretch
   - **APPLY**: lay ends down without stretch (a second half strip can be added for additional support)
   - **FINISH**: anchor full strip 10 inches above the kneecap

2. **0% STRETCH**
   - **APPLY**: tape across lower knee with 50% stretch
   - **FINISH**: lay last two inches down without stretch

3. **0% STRETCH**
   - **FINISH**: anchor full strip 10 inches above the kneecap

4. **25% STRETCH**
   - **ANCHOR**: apply tape around outer edge of kneecap with 25%

5. **50% STRETCH**
   - **APPLY**: tape across lower knee with 50% stretch

6. **0% STRETCH**
   - **FINISH**: lay last two inches down without stretch
KT TREATMENT: CHONDROMALACIA PATELLA

Strip 3

7. 25% STRETCH
   - ANCHOR: repeat steps for previous strip with second full strip, mirroring application on other side of knee applying around outer edge of knee cap with 25% stretch

8. 50% STRETCH
   - APPLY: tape across lower knee with 50% stretch

9. 0% STRETCH
   - FINISH: lay last two inches down without stretch
The calf muscles are responsible for extending the foot in the push-off phase of running.

These muscles are often subjected to soreness as a result of overuse injuries such as inflammation and tissue damage.

KT Tape helps treat this condition by relaxing the muscles, increasing circulation, and reducing pressure.
STRUCTURAL-POSITIONAL & NEUROSENSORY

**Strip 1**

1. **0% STRETCH**
   - **ANCHOR:** full strip three inches above the base of the heel without stretch

2. **25% STRETCH**
   - **APPLY:** tape around medial side of the calf with 25% stretch

3. **0% STRETCH**
   - **FINISH:** apply the last two inches of the tape without stretch
**KT-TREATMENT: CALF PAIN**

**Strip 2**

**0% STRETCH**

**ANCHOR:** apply a full strip of tape around the lateral side of the calf to form a V using the same technique used with the first strip.

**0% STRETCH**

**APPLY:** tape 2-3 inches below the point of pain.

**EXTRA:** a third strip can be applied in the middle of the first two strips if additional support is desired.

Done
CHARACTERISTICS: PLANTAR FASCIITIS

- **Signs and Symptoms:** The person complains of pain in the heel that is made worse on climbing stairs, walking or running.

- **The pain is relieved by rest.** There is tenderness near the attachment of the fascia to the Calcaneus, medial aspect of the foot and in the abductor Hallucis muscle.

- **Risk Factors:** It is common in individuals with high arched feet and those over the age of 40. In the younger group it can occur in those who are active in sports. People who are in occupations that involve prolonged standing or walking are also prone. Can lead to Bone Spurs.

- The plantar fascia is a thick sheet of connective tissue found on the plantar surface (sole) of the foot extending from the Calcaneus to the toes. Inflammation of this fascia produces the characteristic symptoms.
Before you start:

You will need:
3 strips of KT Tape

Apply before activity:
Apply one hour before beginning activity

Clean Skin:
Clean dirt, oils and lotions from area

Activate Adhesive:
After application rub tape vigorously to activate adhesive

Body position:
Point toes up toward shin

Strip 1:

0% Stretch:
Anchor: full strip on ball of foot as shown without stretch

50% Stretch:
Apply: strip along bottom of foot and up back of heel as shown with 50% stretch on tape

0% Stretch:
Finish: lay end down without stretch and smooth tape against the arch
**KT-Treatment: Plantar Fasciitis**

Strip 2

0% Stretches:
- **Anchor:** Second full strip four inches above inside of ankle without stretch
- **Apply:** Tape around bottom of heel and up outside of ankle with 80% stretch on tape
- **Finish:** Apply last two inches of tape without stretch

Strip 3

0% Stretches:
- **Anchor:** Full strip slightly behind first strip angled toward the arch without stretch
- **Apply:** Tape across arch with 80% stretch
- **Finish:** Apply last two inches of tape on outside of foot without stretch
“Turf toe” is the common term used to describe a sprain of the ligaments around the big toe joint.

Although it’s commonly associated with football players who play on artificial turf, it affects athletes in other sports including soccer, basketball, wrestling, gymnastics, and dance.

It’s a condition that’s caused by jamming the big toe or repeatedly pushing off the big toe forcefully as in running and jumping.
KT-TREATMENT: BIG TOE SPRAIN

Structural & Neurosensory

Dorsiflexion & Toe Extension

Strip 1

1

0%

80%

80%

0%

0%
Taping Scar Tissue
Taping Sprained Finger
CHARACTERISTICS: SCAR TISSUE

- Scar tissue replaces normal skin tissue after the skin is damaged.
- Though scar tissue is made up of the same substance as undamaged skin, it looks different because of the way the fibers in the tissue are arranged.
- Scars form every time the skin is damaged beyond its first layer, whether that damage comes from a cut, burn, or a skin condition like acne or a fungal infection.
- Though there are ways to minimize the appearance of scars, there is no way to remove them entirely.
KT - TREATMENT: SCAR TISSUE

- 5 “I” strips
- 1st strip: measure and cut to fit directly on scar, apply 25% tension in the middle and ends with no tension.
- Other strips: Apply in a crisscross pattern with 25% tension, ends with no tension.

It is thought that applying kinesiology tape along the lines of restriction of scars helps to provide a low intensity, long duration stretch to the tissues around the scar tissue. This helps to slowly stretch out the collagen cells that make up the scar.
KT-TREATMENT: FINGER COLLATERAL LIGAMENT SPRAIN

Strip 1

Strip 2

Strip 3

Strip 4

Strip 5-6
SUGGESTED BOOKS AND DVD’S

ACUPRESSURE TAPING
The Practice of Acutaping for Chronic Pain and Injuries
Back Pain • Headaches • Joint and Muscle Pain • Tennis Elbow

Kinesiology Taping
THANK YOU ALL FOR MAKING THIS A GREAT CLASS!

THE END