

Application Instructions - Kinesio Tape Precut Shoulder Tape

General Instructions

Assistance is recommended to apply this application. Before applying, make sure skin is clean and dry. After applying, rub tape briskly to activate adhesive. It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.

Step 1



Begin with the blue Y strip. If necessary, use cutting guides on tape backing to cut strip to correct length. Tear backing at the marked tear line, then remove backing paper from end of strip. Apply the base of the tape at the mid-point of the arm. Rub tape to activate adhesive.

Step 2



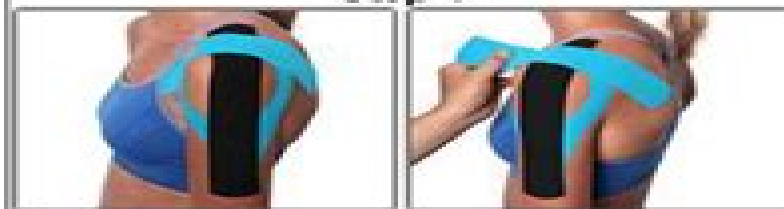
Hold arm across front of body, and without stretching the tape, apply the back tail along the outside of the arm, ending on the back of the shoulder. Rotate arm back at a 45 degree angle and, without stretching the tape, apply the front tail along the front of the arm, ending on the front of the shoulder.

Step 3



Take black I strip and, if necessary, use cutting guide on backing to cut tape to correct length. Tear backing along tear line, then remove backing from end of tape. Apply end of tape on top of shoulder, 4-5" above shoulder joint. Continue removing backing and applying tape over shoulder and down outside of arm, ending just below base of blue Y strip.

Step 4



Take blue I strip and, if necessary, use cutting guide to cut tape to correct length. Tear backing along tear line, then remove backing from end of tape. Apply base of tape along shoulder blade. Continue removing backing and applying tape over shoulder and down front of arm. There should be no stretch in the tape as it is applied. Rub all tape pieces to activate adhesive.

Kinesiology Tape Manual

Camilla Rothe



Kinesiology Tape Manual:

A Practical Guide to Kinesiology Taping for Injury Prevention and Common Medical Conditions John Gibbons, 2023-12-21 Bodymaster Method creator John Gibbons is recognized as one of the world's leading authorities in sports medicine. In *A Practical Guide to Kinesiology Taping for Injury Prevention and Common Medical Conditions* Third Edition, he shares his wealth of knowledge and experience to help you get the best results when using kinesiology tape. This third edition offers self-help techniques to allow the patient to self-treat where appropriate. The author guides you step by step through the entire process of taping: by first marking an area of dysfunction, then preparing and cutting tape, followed by application with variants for specific problems. The chapters are designed as a practical guide with pictorial demonstrations on the application of tape to treat each individual area of pain and dysfunction. The author gives a few examples of injuries common to each area of pain and the subsequent variations in taping applications. This book highlights over 60 specific areas of pain that are identified through illustrations that have actually been drawn onto photos of the body. Also included are over 40 QR codes linking to YouTube clips of practical demonstrations of the key techniques. This book is everything you need to know about how taping works.

The Complete Taping Handbook Ben Calvert-Painter, Tim Allardyce, 2024-12-19 This is the first book to cover all three types of taping: sports, rigid tape, K-tape, and biomechanical tape. Taping can be used as an excellent companion to standard treatments and within sport. Each tape has its own unique function and action that can aid patients at different stages of recovery. *The Complete Taping Handbook* is a practical, clear guide to understanding taping, its benefits, best practice, and how to use particular types. It's an essential resource for manual therapists, including physiotherapists, osteopaths, chiropractors, sports therapists, and students. Use this pioneering text to elevate your practice and unveil the intricacies of taping.

K Taping Birgit Kumbrink, 2011-11-17 Birgit Kumbrink's bestselling guide to K Taping is finally available in English. This richly illustrated hands-on guidebook features a highly successful therapeutic approach to treating orthopedic, traumatological, and many other conditions. It serves both as a perfect companion to training courses and as a reference book and refresher for health care professionals who have completed their training. A brief introduction to the basic principles of K Taping, the special elastic tapes used, and the method's history is followed by 7 chapters highlighting treatment techniques and their application to 50 frequently seen conditions. Each is featured on a double page with up to five color photos, brief instruction, practical information about symptoms, dosage, progress to be expected, and tips regarding variations of techniques. As the benefits of K Taping in enhancing the effects of other conservative care and surgical treatments are getting more and more appreciated, Birgit Kumbrink's *K Taping: An Illustrated Guide*, developed by Germany-based K Taping Academy, has rapidly established itself as the ultimate reference book for therapists and clinicians in an ever-expanding range of medical disciplines.

Kinesio Taping Perfect Manual - 2nd Edition Kinesio University, 2021-10-10 Pain such as back pain, shoulder stiffness, and neck pain are hard to treat. These pains are often the result of a modern life and

more and more people are looking for alternative methods and home remedies to treat their conditions. Medications can mask symptoms but they have side effects and are rarely long term solutions. Dr Kenzo Kase founder of Kinesio and the inventor of Kinesio Tape and the Kinesio Taping Method first introduced Kinesio Taping to his patients in the early 1970 s. He found that the proper application of the tape could help release the body s own natural healing power. Today the Kinesio Taping Perfect Manual 2nd Edition teaches users how to properly apply Kinesio Tex brand tapes to help the most common everyday conditions and sports injuries including Carpal Tunnel Syndrome, Low Back Pain, Plantar Fasciitis, Jumpers Knee, to name a few. The book addresses the basic techniques of applying the Kinesio Taping Method as a natural treatment modality based on the body s natural healing process. Kinesio Tape works with the amazing properties of the skin and the structure of the skin layers. Kinesio Taping Perfect Manual 2nd Edition is based on clinical results and over 40 years of research. This is a book for general users such as teachers, parents, friends, coworkers, etc. The applications in this book are explained as simply as possible with step by step photos so it will be easy for those that may have never tried Kinesio Tape or the Kinesio Taping Method to use them. The Manual of Kinesiological Tapping Dr. Sanoj Kr. Sharma, 2024-04-10. The content of this book includes all the techniques and step wise description for the kinesiological tapping. This book is meant for all physiotherapy students, professionals and all medical professionals. This book contains all techniques for the muscular skeleton disorders. This book will be in great help for understanding the features and also in application of it to patients as it is simplified with plenty of images and in step wise. *Kinesiology Taping for Rehab and Injury Prevention* Aliana Kim, 2016-08-23. Kinesiology tape is a newly hugely popular treatment that is proven to decrease pain and preventing injury and re injury. Not just for professional athletes, taping can easily be done at home to treat a myriad of conditions from tennis elbow and shin splints to carpal tunnel and headaches. **Manual Medicine for the Primary Care Team: A Hands-On Approach** Frank J. Domino, 2019-08-14. One of the most rewarding and helpful areas of primary care medicine is the opportunity to relieve the suffering of a patient in pain. Using a hands on intervention can provide pain relief to the patient and professional satisfaction to the clinician. Manual Medicine offers primary care physicians, nurse practitioners and physician assistants the practical hands on guidance needed to accurately diagnose and provide initial management of commonly seen musculoskeletal problems. Dr Frank Domino along with physical therapists Steve Messineo and Mark Powicki walk you step by step through the approach to a clinical problem such as back pain or knee pain and treatment. These easy to use maneuvers provide initial treatment that reduces suffering. This is the tablet version of Manual Medicine for the Primary Care Team A Hands On Approach which does not include access to the videos mentioned in the text. *Kinesio Taping Perfect Manual* Kenzo Kase, Kinesio Taping Association, Tatsuyuki Hashimoto, Tomoki Okane, 1996. Manual of Kinesiological Taping Piyush Jain, Piyush Jain Pt, 2012-06. MANUAL OF KINESIOLOGICAL TAPING. This book is a reference text for the kinesiology taping therapist who are trained in the method of taping. The basic steps given in the book can make a practicing Therapist to use

taping technique innovatively to the subjects in different clinical conditions The book is a researched based approach to the effect of kinesiology taping in different conditions structure and functions of body New to this edition Basics of taping techniques Evidence based kinesiology taping techniques Illustrative techniques for muscle ligaments fascia and lymphatic techniques Elaborative pictures for better understanding the techniques **Length, Strength and Kinesio Tape - eBook**

Thuy Bridges, Clint Bridges, 2016-10-14 Length Strength and Kinesio Tape Muscle Testing and Taping Interventions is an essential manual for musculoskeletal therapists seeking to develop competency in the treatment of select clinical conditions using the concepts and principles of the Kinesio Taping Method Focusing on the identification and role of muscle structures the manual presents length and strength tests covering 68 muscle groups and provides practitioners with a framework to use and reassess the application of Kinesio Tape Endorsed by Kinesio Taping Association International Length Strength and Kinesio Tape Muscle Testing and Taping Interventions is designed as a companion to Kinesio Taping courses globally KT1 and KT2 Key Features Overview of the Kinesio method and how Kinesio Taping works Highlights the anatomy of the muscle and structures prior to taping Step by step instructions to a range of Kinesio Taping techniques covering the neck shoulder elbow wrist and thumb trunk pelvic girdle and hip knee and ankle Initial assessment using length and strength function testing and application of appropriate Kinesio Taping intervention Assessment sheets provided for each key anatomical area Includes eBook version on VitalSource Also available as a separate purchase A suite of 68 videos covering 8 major body areas with step by step instructions and clear demonstrations of the assessment and taping strategies for each technique An ideal supplement to the text Excellent clinician refresher tool Useful when explaining treatment to client To find out more about these videos visit <http://www.elsevierhealthonline.com/au/kinesiotape> Overview of the Kinesio method and how Kinesio Taping works Highlights the anatomy of the muscle and structures prior to taping Step by step instructions to a range of Kinesio Taping techniques covering the neck shoulder elbow wrist and thumb trunk pelvic girdle and hip knee and ankle Initial assessment using length and strength function testing and application of appropriate Kinesio Taping intervention Assessment sheets provided for each key anatomical area *K-Taping in Pediatrics* Birgit Kumbrink, 2015-11-23 Already integrated successfully in competitive sports medical treatment and rehabilitation programs K Taping therapy offers physical occupational and speech therapists a wide range of options for the treatment of infants small children and younger patients K Taping can now be integrated into pediatric physiotherapy and speech therapy aiding in the treatment of a range of conditions including postural defects deformities of the feet and dysphagia About the content K Taping in theory The properties function and mode of action of elastic K Tape The effects of K Tape therapy The fundamentals of K Tape application Contraindications K Taping in practice The four major application techniques muscle ligament correction and lymph applications including common indications in children and practical examples The appropriate technique for more than 50 medical indications Step by step guidance with photo series practical tips and alternative applications About the

author Birgit Kumbrink founder and medical director of the international K Taping Academy Dortmund Germany and one of the most experienced users and teachers of the treatment method internationally The course companion and practical manual for therapists midwives and pediatricians *Kinesiology Taping. Teoría y Práctica* Txema Aguirre,2010 Este libro nace con la clara vocación de aportar un granito de arena en el conocimiento la transmisión y divulgación del conocimiento de la técnica del Vendaje Neuromuscular y por ello tal como aparece en el título tiene 2 partes que conforman un todo pero que son claramente diferenciadas la Teoría como soporte del conocimiento y la Práctica como la aplicación de dicho conocimiento

Kinesiology tape manual ,2009 Txema Aguirre y Maria Achalandabaso han realizado un libro de 162 páginas a todo color dedicado al Vendaje Neuromuscular y le han dado un sentido eminentemente práctico Para ello aparte de establecer los conceptos fisiología contraindicaciones del vendaje neuromuscular se han centrado en la Aplicación Práctica del Kinesiology Tape o Vendaje Neuromuscular Han tomado como referencia las patologías más comunes y con gran profusión de imágenes en color explican no sólo el vendaje final sino los pasos necesarios para llegar al final deseado Este libro nace del convencimiento de los autores sobre los beneficios que puede proporcionar la aplicación de una técnica de vendaje el Neuromuscular y de la idea de transmitir y compartir estos posibles buenos resultados Y es que esta nueva técnica de vendaje nacida en los 70 y que actualmente está en plena fase de descubrimiento por parte de terapeutas y pacientes puede por su propia sencillez frustrar sus expectativas si no se lleva a cabo un estricto protocolo de colocación desde el inicio hasta el final La complicidad entre los autores intenta transmitir a lo largo del libro el conocimiento y experiencia profesional acumulada por ambos a lo largo de los años más de 25 entre los dos para aplicar soluciones prácticas a problemas reales que han ido encontrando a lo largo de su trayectoria valiéndose en este caso de las posibilidades que ofrece la utilización del Vendaje Neuromuscular

Mosby's Fundamentals of Therapeutic Massage - E-Book Sandy Fritz,Luke Allen Fritz,2024-05-28 Gain the knowledge and skills you need to succeed in massage therapy Mosby's Fundamentals of Therapeutic Massage 8th Edition helps you prepare for licensing and certification exams as well as professional practice The book provides an in depth understanding of the principles of therapeutic massage and helps you develop the ability to reason effectively and make informed decisions from assessing problems and planning treatment to mastering massage protocols and techniques Hundreds of photographs demonstrate massage techniques step by step and case studies allow you to apply concepts to real world situations Featuring dozens of online how to videos this resource from massage therapy experts Sandy and Luke Fritz is your text of choice Comprehensive coverage includes all of the fundamentals of therapeutic massage including massage techniques equipment and supplies wellness working with special populations and business considerations Step by step full color photographs demonstrate massage protocols and techniques by body area Competency based approach helps you prepare for and pass licensing and certification exams including the Massage and Bodywork Licensing Examination MBLEX and Board Certification in Therapeutic Massage and Bodywork BCTMB Information on massage in various health care

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Therapeutic Taping for Musculoskeletal Conditions Maria Constantinou, Mark Brown, 2010 Aims to provide a scientific context and a practical approach to a variety of taping techniques for musculoskeletal conditions that can be used by physical and sports therapists and others as an adjunct to other therapy and treatment techniques Constantinou Griffith University Brown Bond University Australia **Kinesio Taping Perfect Manual**, 1998, **Therapeutic Programs for Musculoskeletal Disorders** James Wyss, 2012-12-17 Therapeutic Programs for Musculoskeletal Disorders is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing therapy prescriptions and developing individualized treatment plans Chapters are written by teams of musculoskeletal physicians allied health professionals and trainees to underscore the importance of collaboration in designing programs and improving outcomes The book employs a literature driven treatment approach to the common musculoskeletal problems that clinicians encounter on a daily basis Each condition specific chapter includes clinical background and presentation physical examination and diagnostics followed by a comprehensive look at the rehabilitation program Case examples with detailed therapy prescriptions reinforce key points The book includes a bound in DVD with downloadable patient handouts for most conditions Therapeutic Programs for Musculoskeletal Disorders Features A concise but comprehensive approach to the conservative treatment of musculoskeletal disorders A focus on developing individualized treatment plans incorporating physical modalities manual therapy and therapeutic exercise A logical framework for writing effective therapy based prescriptions for common limb and spine problems Case examples with detailed therapy prescriptions A targeted review of the associated literature in each condition specific chapter A DVD with illustrated handouts covering home modalities and therapeutic exercises for key problems that can be provided to patients The first reference bringing together physicians allied health professionals and residents to provide an integrated foundation for improved team care utilizing an evidence based approach to musculoskeletal rehabilitation *Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation* Keith Ward, 2015-09-16 The

work of a sports therapist is highly technical and requires a confident responsible and professional approach The Routledge Handbook of Sports Therapy Injury Assessment and Rehabilitation is a comprehensive and authoritative reference for those studying or working in this field and is the first book to comprehensively cover all of the following areas Sports Injury Aetiology Soft Tissue Injury Healing Clinical Assessment in Sports Therapy Clinical Interventions in Sports Therapy Spinal and Peripheral Anatomy Injury Assessment and Management Pitch side Trauma Care Professionalism and Ethics in Sports Therapy The Handbook presents principles which form the foundation of the profession and incorporates a set of spinal and peripheral regional chapters which detail functional anatomy the injuries common to those regions and evidence based assessment and management approaches Its design incorporates numerous photographs figures tables practitioner tips and detailed sample Patient Record Forms This book is comprehensively referenced and multi authored and is essential to anyone involved in sports therapy from their first year as an undergraduate to those currently in professional practice

Rehabilitation of the Hand and Upper Extremity, E-Book Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, Sheri Felder, Eon K Shin, 2020-01-14 Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity *Rehabilitation of the Hand and Upper Extremity* helps you return your patients to optimal function of the hand wrist elbow arm and shoulder Leading hand surgeons and hand therapists detail the pathophysiology diagnosis and management of virtually any disorder you're likely to see with a focus on evidence based and efficient patient care Extensively referenced and abundantly illustrated the 7th Edition of this reference is a must read for surgeons interested in the upper extremity hand therapists from physical therapy or occupational therapy backgrounds anyone preparing for the CHT examination and all hand therapy clinics Offers comprehensive coverage of all aspects of hand and upper extremity disorders forming a complete picture for all members of the hand team surgeons and therapists alike Provides multidisciplinary global guidance from a Who's Who list of hand surgery and hand therapy editors and contributors Includes many features new to this edition considerations for pediatric therapy a surgical management focus on the most commonly used techniques new timing of therapeutic interventions relative to healing characteristics and in print references wherever possible Features more than a dozen new chapters covering Platelet Rich Protein Injections Restoration of Function After Adult Brachial Plexus Injury Acute Management of Upper Extremity Amputation Medical Management for Pain Proprioception in Hand Rehabilitation Graded Motor Imagery and more Provides access to an extensive video library that covers common nerve injuries hand and upper extremity transplantation surgical and therapy management and much more Helps you keep up with the latest advances in arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management all clearly depicted with full color illustrations and photographs

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