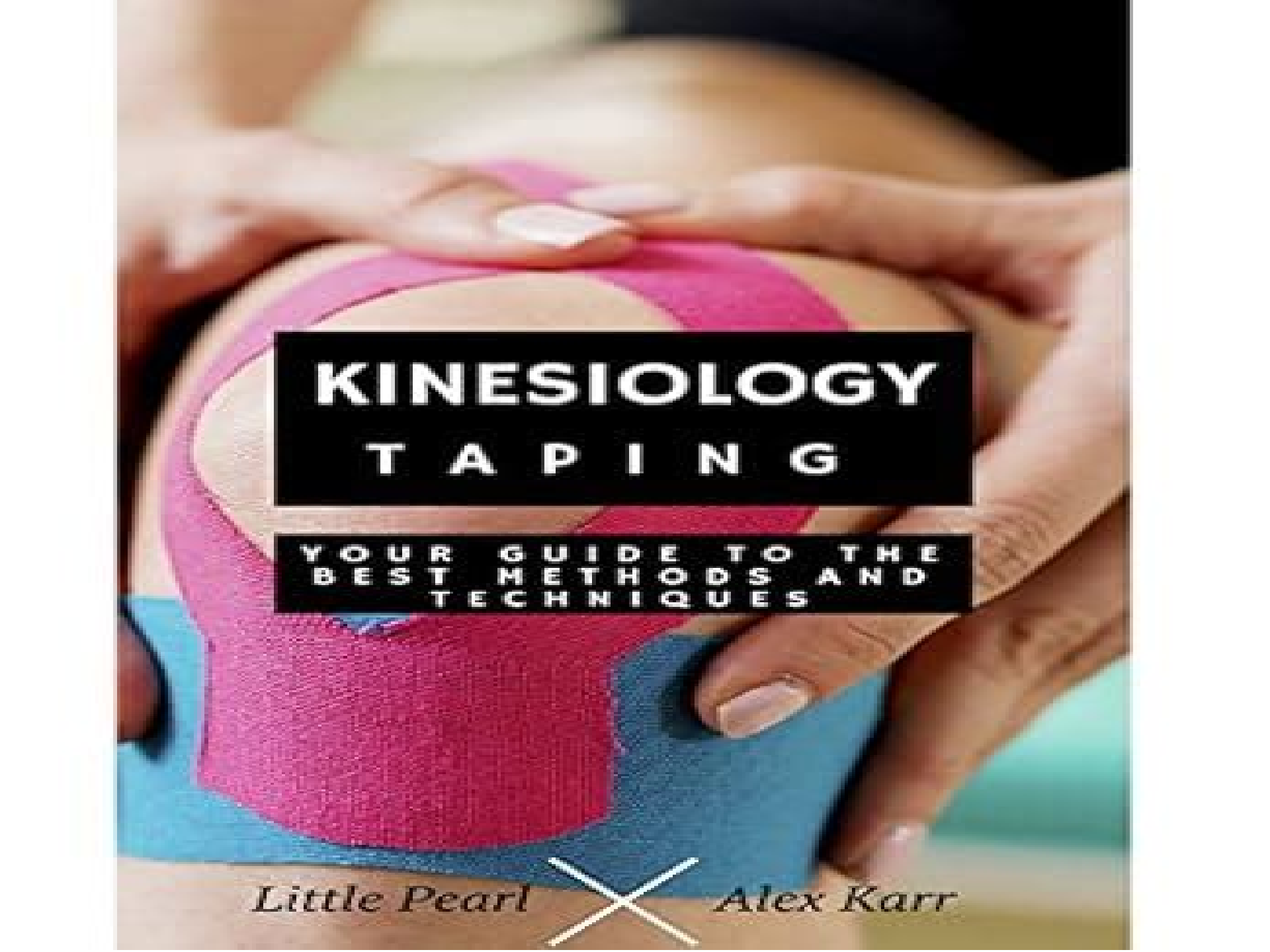




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YOUR GUIDE TO THE
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must have for any physical therapist involved in the treatment of patients athletes or indeed anyone likely to come into contract with a range of sporting injuries including coaches personal trainers and sporting enthusiasts The author takes the reader on an educational journey through the entire taping process from marking an area of dysfunction to preparing and cutting tape and application with variants shown for special problems Opening with the principles and benefits of the Kinesiology taping method explaining what it is and when and why you would apply it the book then covers the correct application of tape to treat each individual area of pain and dysfunction Through the use of pictorial demonstrations including examples of injuries common to each area of pain and the subsequent variations in taping applications the reader is clearly presented with over 50 special areas of pain each identified through individual artistic illustrations The author has the ability to explain this fascination yet not widely understood subject in a relatively simplistic way helping every reader develop the ability to apply these phenomenal techniques with confidence in any setting **Kinesiology Taping** Lawrence

Bracewell,2020-01-28 KINESIOLOGY TAPING A Beginners to Pro Practical Guide on Everything One Needs to Know about Kinesiology Taping Kinesiology taping is a type of therapeutic treatment aimed at releasing tension in the muscles enhancing the flow of blood and lymph improving joint functions as well as improving the functions of the neurological system The method involves placing some tapes across the affected areas They are placed in a particular pattern so that the real effect is felt Notably you can see these tapes across the shoulders on the back knees and the abs among other areas Users of these tapes say that the tape lessens pain provides support improves performance and reduces swelling Kinesiology taping is gaining popularity especially in the world of sporting It has been used for quite some time now to prevent as well as manage injuries that sportspersons endure This Book is a Great guide on the basics of kinesiology taping including practical tips and applications Get your copy TODAY to start enjoying the benefits of kinesiology taping using this Guide *Heal, Recover and Perform - Upper Body* Energia Fitness,2022-01-03 It s time to face recovery head on Learn life long techniques to apply treat and recuperate your body through Kinesiology Tape Our informative e book serves as a high impact course containing everything from understanding kinesiology to providing details on applying for various ailments and training recovery Beyond muscular ailments the Kinesiology application offers a new preface for psychological well being including mental and emotional problems Our eBook details in depth observations to fully understand Kinesiology therapy for yourself Learn more about this revolutionary unrestricted treatment for yourself whether you re a runner a therapist or looking to master this product for yourself our books for you Put yourself in the expert s shoes throughout the contents of this eBook we re giving you 41 in depth videos and 42 images for an exclusive price Read anywhere anytime for unbelievable value **The Unique**

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