

## What is Kinesiotaping and what does it treat?



### What is Kinesiotaping (taping) therapy?

You may have seen strips of colorful tape across the arms, legs, and other body parts of Olympic athletes to high school players. With the launch of the 2022 FIFA World Cup Qatar, we'll be seeing many world-class professional athletes across 32 global teams wearing this tape throughout November and December. The tape is called Kinesiology Tape, and some refer to it simply as KT.

KinesioTaping (taping) is a technique designed to work with the body's natural healing process while providing rehabilitative support and stability to muscles and joints. It can be used to decrease pain, reduce inflammation, and relax overused or tired muscles.

KinesioTaping (taping) Method is a therapeutic tool utilised by rehabilitation specialists in all programs (paediatric, geriatric, orthopaedic, neurological, oncology and others) and levels of care (acute care, inpatient rehabilitation, outpatient, home care and Day Rehab). The idea of using elastic tape to mimic the therapist's hands was first presented by Dr Kenzo Kase in the 1970s. Since then, it became the modality used in pain management, soft tissue injury, tissues and joints malalignment, oedema, and more. KinesioTaping (taping) Method utilises four types of Kinesio Tex Tapes, each with specific properties designed for use on fragile, sensitive skin or applied with higher tensions. KinesioTaping (taping) Method has also effectively treated animals and two special tapes are used: Kinesio Equine and Kinesio Canine.

### What is Kinesio tape?

Kinesio tape is a flexible tape that supports and stabilizes joints, muscles, and ligaments as they bend, contract, and extend. You may have seen athletes at sporting events wearing long strips of brightly colored tape strategically placed on or near their joints.

Unlike, bulky, elastic bandages, Kinesio tape is not used to limit movement or provide stiff support.

Kinesio tape, also known as kinesiology or elastic therapeutic tape, boasts up to 40 percent elasticity. The tape is typically made of cotton and spandex with a heat-activated acrylic adhesive to keep it in place on the skin.

Physical therapists use various methods of Kinesiotaping (taping) to apply tension to the skin and muscle. Taping (kinesiotaping) can be used as a rehabilitative tool to:

- Relieve pain

- Reduce inflammation
- Relax overused muscles and joints
- Improve athletic performance
- Stabilize joints
- Support the body's natural healing process

Kinesio tape takes the stress off the joints by creating a rubber-band effect that modifies movement while supporting muscles and tendons.

### **Kinesio tape has been around for decades.**

In the 1970s, a Japanese Chiropractor named Kenzo Kase wanted to develop a supportive and stabilizing tape that acted as human skin. His invention, Kinesio tape, has been used by athletes, trainers, and physical therapists as a preventative and restorative treatment.

### **How long can you wear Kinesio tape?**

Once a physical therapist or sports medicine provider positions the tape, it can remain on the skin as long as the adhesive works, usually two or three days. The adhesive is strong enough to withstand approved activities, showers, and daily life movements. Of course, if the adhesive causes itching, rash, or other types of discomfort, the tape should be removed.

### **Is Kinesio tape effective?**

As a stand-alone treatment, Kinesiotaping (taping) may provide some support. However, when combined with other treatment methods Kinesio taping can improve performance and promote healing.

### **Is Kinesio tape used just for athletes?**

No. Kinesiotaping (taping) can ease joint pain, provide support for proper form during activity, and be used to relieve and support overuse and soft-tissue injuries. Physical therapists, sports medicine specialists, and athletic trainers often use Kinesio tape to reduce the impact and pain of:

- Muscle strains
- Pulled or inflamed tendons (tendonitis)
- Swelling (edema)

### **Can Kinesio tape help performance?**

Yes, and no. Some people think it gives them a competitive edge. Others feel comfortable with the added level of support. But using Kinesio tape can also give athletes a false sense of security and allow them to push their bodies past healthy performance limits.

## **Does Kinesiotaping (taping) relieve pain?**

Possibly. It depends on the source of the pain and a person's overall health. Some people who suffer from joint and muscle pain say that the taping helped, others say there was no difference. Sports medicine providers and physical therapists use the taping technique on a case-by-case basis as a treatment option for sports-related injuries. Often it takes a combination of treatments and techniques in the hands of a skillful provider to relieve pain.

When applied correctly along with other treatment methods, Kinesio tape can help relieve the discomfort of:

- Plantar fasciitis
- General muscle pain
- Shin splints
- Knee pain
- Achilles tendon pain

It's important to listen to your body. If you feel a sharp pain during activity or lingering aches and stiffness after activity, see your orthopedic specialist. Sudden pain or pain that lasts for more than 24 or 48 hours needs to be seen by a bone and joint specialist.

#kinesiotaping, #taping, #tapes, #physical therapist, #physical therapists.

<https://bonejoint.net/blog/what-is-kinesio-taping-therapy/>

[https://www.physio-pedia.com/Kinesio\\_Taping](https://www.physio-pedia.com/Kinesio_Taping)

<https://www.scuhs.edu/front-page-news/atp-kinesiotaping/>