



Kinesio Taping Method

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Promoting healing

The Kinesio Taping Method can be used for a variety of ailments from headaches to foot pain and everything in between. Kinesio taping is a technique used to give support and stability to your joints and muscles without affecting circulation and range of motion. It is also used for preventive maintenance, edema and pain management. Kinesio Taping exhibits its efficacy through the activation of neurological and circulatory systems. This method basically stems from the science of Kinesiology, hence the name “Kinesio.”(1)

The Kinesio Taping Method is a technique based on the body’s own natural healing process. Developed by Dr. Kenzo Kase nearly 25 years ago in Japan, Kinesio taping has become the gold standard for therapeutic rehabilitative taping (2). This method has become increasingly popular amongst PTs, ATCs, OTs, DCs, MTs and MDs because of its effective, safe and easy-to-use properties. The Kinesio Taping Method allows the individual to receive the therapeutic benefits 24 hours a day. It was designed to be the approximate thickness and elasticity of skin and can be worn three to five days at a time, even withstanding long runs, swims or showers (4).

Conventional athletic taping is designed to restrict the movement of the affected muscles and joints. For this purpose, several layers of tape must be rolled around and/or over the afflicted area, applying significant pressure, resulting in the obstruction of the flow of bodily fluids, an undesirable side-effect. This is also the reason

athletic tape is generally applied immediately before the sports activity, and removed immediately after the activity is finished. On the other hand, Kinesio Taping is based on a different philosophy that aims to give free range of motion in order to allow the body’s muscular system to heal itself bio-mechanically (3).

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Kinesio Taping alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. The taped portion forms convolutions in the skin, thus increasing interstitial space. The result is that pressure and irritation are taken off the neural and sensory receptors, alleviating pain. Pressure is gradually taken off the lymphatic system, allowing it to drain more freely (2).

The tape is applied over the affected area with the muscles in a stretched position. Then the tape is applied from one end of the muscle to the other with very little to no stretch of the tape. The tape is applied from the origin to insertion of the muscle for support and from insertion to origin for rehab (2).

The Kinesio Taping Method involves taping over and around muscles in order to assist and give

support or to prevent over-contraction. The first technique gives the practitioner the opportunity to actually give support while maintaining full range of motion, enabling the individual to participate in physical activity with functional assistance. The second technique helps prevent overuse and over-contraction and helps provide facilitation of lymph flow. Correctional techniques include mechanical, lymphatic, ligament/tendon, fascia, space and functional. Kinesio Taping can be used in conjunction with other therapies, including cryotherapy, hydrotherapy, massage therapy and electrical stimulation (2).

The Kinesio Taping Method can be used as an aid in relieving pain from a variety of problems, one of which is plantar fasciitis. Plantar fasciitis is an inflammation of the plantar fascia of the foot. Two strips of Kinesio Tape are applied to the plantar surface of the affected foot. One strip will be applied along the length of the plantar aponeurosis with full tension removed. The other strip will be placed across the mid-arch to assist with metatarsal arch support (6).

A Method you may try for plantar fasciitis relief is described below.

Step one is to measure the plantar surface of the foot, from the base of the toes to behind the heel, then cut a strip of Kinesio Tape to that length. Cut this strip lengthwise into a fan of 4 strips, leaving a few inches at the top that is not cut, as shown in photo.



The second strip should be positioned across the mid arch, applied from the lateral edge to the medial edge of the foot, as shown.



This technique can be applied multiple times and is best when water resistant Kinesio Tape is used.

OPTP does not recommend the use of Kinesio Tape without the advice of a trained medical professional. If you are using any of this information without the supervision of a medical professional, OPTP can not be held responsible if problems occur.

Additional information regarding the Kinesio Taping Method and a technique for carpal tunnel syndrome can be found at www.optp.com/newsletters.

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