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Kinesiology Taping: The Essential Step-by-Step Guide. 4.05 (56 ratings by Goodreads) Paperback. English. By (author) John Langendoen , By (author) Karin Sertel. Share. Taping can be effective and simple - all with a 5-centimetre wide piece of self-adhesive cotton tape. 70 proven tape applications for 160 conditions.

Offers information on taping and how it can be used to relieve many conditions, including muscle tension, bruising, sore muscles, strains, and sprains.

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.

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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

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provided for each key anatomical area

This book is a must for any physical therapist involved in the treatment of patients, athletes, or indeed anyone who may present with any type of sports-related injury or common medical condition. This new 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 on the application of tape to treat each individual area of pain and dysfunction through the use of pictorial demonstrations, and 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 individual artistic illustrations that have actually been drawn onto the body, and includes over 40 QR codes to YouTube of practical demonstrations of the key techniques.

**THE UNIQUE KINESIOLOGY TAPING HAND BOOK YOUR EFFECTIVE PRACTICAL GUIDE FOR DAILY LIFESTYLE, FITNESS, SPORTS, INJURY PREVENTION AND OVERCOMING STRAINS** When pains, injuries, strains as well as not being fit can generally and negatively limit your mobility and the ways we respond to our daily routine activities, such as sporting activities or other activities! Besides, have you ever come across athletes or sportsmen/sportswomen wearing elegantly colored tape on their shoulders, legs, knees, elbows, and so on? It is simply **KINESIOLOGY TAPE (KT)**, and it is the secret behind the fitness or wellness of athletes and sportsmen/sportswomen! Kinesiology taping helps to minimize pain due to injuries, it does not severely limit range of motion or

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**Circulation**, assists in minimizing lower back pain, as well as its assistance in the recovery of shoulder or wrist plus knee pains or injuries, etc. It can also help in the treatment of running injuries and a host of others. And if you have been battling with pains, strains or injuries related to sports or the work you do, then this breath-taking guide is specifically written for you to permanently conquer these issues or challenges! Furthermore, this guide reveals a step by step procedure and techniques that will assist or help you to permanently overcome pains, injuries strains and lots more. And you should start seeing meaningful results in few hours or days. In this guide, you will learn: What Kinesiology Taping (KT) is the characteristics, basics plus the theory behind Kinesiology taping, the precautions, contra-indications plus several types of application in kinesiology. Those who stand to benefit from kinesiology taping plus the health issues it can treat the vital types of application stretch, pros and coos of Kinesiology taping, advice to enhance your health and lots more. Click on the Buy Now Button to access your copy today and smile afterwards! You won't regret you did.

Birgit Kumbrink's bestselling guide to K Taping - 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

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• Treatments are getting more and more appreciated, Birgit Kumbriek'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.

Combines acupressure and massage to treat pain using elastic tape • Shows how the use of an elastic, adhesive tape works with the body's own motions to combine the actions of acupressure and massage • Presents both therapeutic and preventative techniques for acute and chronic pain • Contains step-by-step instructions illustrated in full color detailing how to self-treat pain in all parts of the body Sufferers of chronic pain well know the frustration of treatments involving endless rounds of drugs or expensive physical therapy--that may or may not offer relief. In Acupressure Taping, authors Hecker and Liebchen present a comprehensive guide to a new method of pain treatment--acutaping--which offers a much simpler and more effective alternative. In acutaping, elastic tape is placed over the afflicted area in accordance with related acupuncture points. During the course of normal movement throughout the day, the elastic tape provides a gentle but consistent massage to the inflamed area. Because the skin adheres to the tape, it is shifted against the subtissue during motion, causing lymph tissue to drain and connective tissue to be massaged. The authors show that most bodily dysfunctions can be self-treated through this innovative method. Combining elements of Chinese medicine with osteopathy, acutaping produces a method of treatment for ailments ranging from back pain and tennis elbow to menstrual pain and migraines. Acutaping is an easy and effective treatment--without side effects--that offers welcome relief to sufferers of chronic pain.

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This book is a must have for any physical therapist involved in the treatment of patients, athletes, or indeed anyone likely to come into contact 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.

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