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Birgit Kumbrink

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K Taping Guide

Xiaolong Qi

K Taping Guide:

A Practical Guide to Kinesiology Taping for Injury Prevention and Common Medical Conditions John Gibbons, 2023-11-30 Preceded by A practical guide to kinesiology taping for injury prevention and common medical conditions John Gibbons K Taping Birgit Kumbrink, 2011-11-17 Birgit Kumbrink s bestselling guide to K Taping finally Second edition 2019 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 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

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author shows how to tape the most common injuries and conditions anywhere on the body Neck pain Frozen shoulder Bicep strain Tennis elbow Wrist sprain Tight IT band ACL MCL sprains Achilles tendinitis Ankle sprain Plantar fasciitis

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 Kumbrink, 2014-12-04 Birgit Kumbrink's bestselling guide to K Taping now available in its 2nd edition This richly illustrated hands on guidebook features a highly successful therapeutic approach to treating orthopedic traumatological and many other conditions has now been extended to include 20 additional application techniques for the fields of neurology and gynecology including pre and post natal This practical guide provides all the background information physiotherapists sports physiotherapists medical doctors occupational therapists and health care professionals need It serves both as a perfect companion to training courses and as a reference book and refresher and shows how to use the specially developed elastic K Tape most effectively A brief introduction to the basic principles of K Taping the special elastic tapes used and the method s history is followed by 9 chapters highlighting treatment techniques and their application to nearly 70 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 A Practical Guide to Kinesiology Taping John Gibbons, 2014 This book is a 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

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