

Kinesio Taping® for Lymphoedema and Chronic Swelling

Kenzo Kase, DC, Founder of the Kinesio® Taping Method
Kim Rock Stockheimer, MS, OTR/L, CKTI
Acknowledgement by Professor Neil Pillar




KINESIO®
TAPING

Kinesio Taping Manual

Kenzo Kase



Kinesio Taping Manual:

Kinesio Taping Perfect Manual - 2nd Edition Kinesio University, 2021-10-10 Pain such as back pain shoulder stiffness and neck pain are hard to treat These pains are often the result of a modern life and more and more people are looking for alternative methods and home remedies to treat their conditions Medications can mask symptoms but they have side effects and are rarely long term solutions Dr Kenzo Kase founder of Kinesio and the inventor of Kinesio Tape and the Kinesio Taping Method first introduced Kinesio Taping to his patients in the early 1970 s He found that the proper application of the tape could help release the body s own natural healing power Today the Kinesio Taping Perfect Manual 2nd Edition teaches users how to properly apply Kinesio Tex brand tapes to help the most common everyday conditions and sports injuries including Carpal Tunnel Syndrome Low Back Pain Plantar Fasciitis Jumpers Knee to name a few The book addresses the basic techniques of applying the Kinesio Taping Method as a natural treatment modality based on the body s natural healing process Kinesio Tape works with the amazing properties of the skin and the structure of the skin layers Kinesio Taping Perfect Manual 2nd Edition is based on clinical results and over 40 years of research This is a book for general users such as teachers parents friends coworkers etc The applications in this book are explained as simply as possible with step by step photos so it will be easy for those that may have never tried Kinesio Tape or the Kinesio Taping Method to use them

Illustrated Kinesio Taping Manual, KTBK, 2009 **Length, Strength and Kinesio Tape - eBook** Thuy Bridges, Clint Bridges, 2016-10-14 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 provided for each key anatomical area

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 Second edition 2019 Kinesio Taping Perfect Manual Kenzo Kase, Kinesio Taping Association, Tatsuyuki Hashimoto, Tomoki Okane, 1996 *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

Illustrated Kinesio Taping Kenzō Kase, 1994 **Kinesio Taping Perfect Manual**, 1998 **Kinesiotaping in Pediatrics: Fundamentals and Whole Body Taping** Kenzo Kase, 2006-01-01 This book *Kinesio Taping in Pediatrics Fundamentals and Whole Body Taping* was written by authors Kenzo Kase DC Patricia Martin PT and Audrey Yasukawa MOT This full color manual written in a user friendly style is a must have for pediatric therapists using the Kinesio Taping Method The intent of the book is to help you build the foundation of skills needed for effective taping and improved patient outcomes The covered KT applications are those that affect children from infant to adolescent Illustrated Softcover 218 pages

Kinesiology Taping for Rehab and Injury Prevention Aliana Kim, 2016-08-09 The ultimate DIY taping guide of everyday injuries and ailments includes over 200 step by step photos Kinesiology tape is highly recommended by physical therapists chiropractors and professional trainers as an effective way to protect the body from injury It's no surprise that kinesiology tape has been seen on famous athletes like soccer star David Beckham tennis icon Serena Williams and Olympian Kerri Walsh Those famous athletes have personal medical staff to tape them up but now you can easily and affordably buy kinesiology tape for your own personal use at local drugstores and sporting good stores Written by a certified kinesiology tape practitioner this book teaches you how to care for 50 different head to toe personal pains and chronic conditions through comprehensive directions and instructive photos The taping methods in this

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