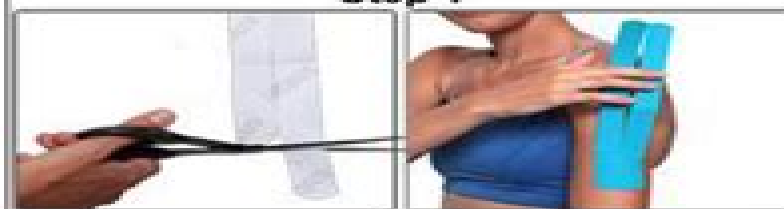


Application Instructions - Kinesio Tape Precut Shoulder Tape

General Instructions

Assistance is recommended to apply this application. Before applying, make sure skin is clean and dry. After applying, rub tape briskly to activate adhesive. It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.

Step 1



Begin with the blue Y strip. If necessary, use cutting guides on tape backing to cut strip to correct length. Tear backing at the marked tear line, then remove backing paper from end of strip. Apply the base of the tape at the mid-point of the arm. Rub tape to activate adhesive.

Step 2



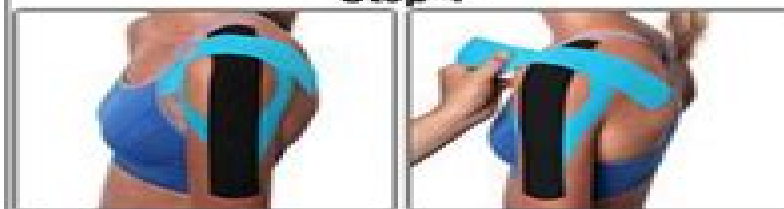
Hold arm across front of body, and without stretching the tape, apply the back tail along the outside of the arm, ending on the back of the shoulder. Rotate arm back at a 45 degree angle and, without stretching the tape, apply the front tail along the front of the arm, ending on the front of the shoulder.

Step 3



Take black I strip and, if necessary, use cutting guide on backing to cut tape to correct length. Tear backing along tear line, then remove backing from end of tape. Apply end of tape on top of shoulder, 4-5" above shoulder joint. Continue removing backing and applying tape over shoulder and down outside of arm, ending just below base of blue Y strip.

Step 4



Take blue I strip and, if necessary, use cutting guide to cut tape to correct length. Tear backing along tear line, then remove backing from end of tape. Apply base of tape along shoulder blade. Continue removing backing and applying tape over shoulder and down front of arm. There should be no stretch in the tape as it is applied. Rub all tape pieces to activate adhesive.

Kinesiology Tape Manual

John Gibbons



Kinesiology Tape Manual:

The Manual of Kinesiological Tapping Dr. Sanoj Kr. Sharma, 2024-04-10 The content of this book includes all the techniques and step wise description for the kinesiological tapping This book is meant for all physiotherapy students professionals and all medical professionals This book contains all techniques for the muscular skeleton disorders This book will be in great help for understanding the features and also in application of it to patients as it is simplified with plenty of images and in step wise

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assessment using length and strength function testing and application of appropriate Kinesio Taping intervention Assessment sheets provided for each key anatomical area *Manual Medicine for the Primary Care Team: A Hands-On Approach* Frank J. Domino, 2019-08-14 One of the most rewarding and helpful areas of primary care medicine is the opportunity to relieve the suffering of a patient in pain Using a hands on intervention can provide pain relief to the patient and professional satisfaction to the clinician Manual Medicine offers primary care physicians nurse practitioners and physician assistants the practical hands on guidance needed to accurately diagnose and provide initial management of commonly seen musculoskeletal problems Dr Frank Domino along with physical therapists Steve Messineo and Mark Powicki walk you step by step through the approach to a clinical problem such as back pain or knee pain and treatment These easy to use maneuvers provide initial treatment that reduces suffering This is the tablet version of Manual Medicine for the Primary Care Team A Hands On Approach which does not include access to the videos mentioned in the text [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 *Back Pain Relief and Healing With Solutions Made Clear!* Matthew Irvine M.Ost , 2021-04-28 Tired of living in pain Are complaints of back pain being ignored because you just don t know and can t seem to find out what is causing it Back Pain Relief and Healing with Solutions Made Clear will help you understand your back and give you a clearer understanding of what may be at the root of your pain If you are better able to understand what is causing your pain you can better explain it to your Medical Practitioner You will also learn about the many options available to sufferers of back pain when it comes to getting relief from or learning to deal with back pain We will also provide you with some tips you can employ in your daily life to ease the pain So pick up your copy of Back Pain Relief and Healing with Solutions Made Clear so you can start your journey to living a more fulfilling and pain free life today

Author Biography Matthew Irvine is an experienced Osteopathic Physician working in the UK in private practice Since he was young he had high ambitions to help as many patients as he could overcome their often stubborn and debilitating pain With Matthew s 4 years of experience and expertise he has decided to create this book to help guide patients in better understanding and finding solutions to dealing with their back pain Kinesiology tape manual ,2009 Txema Aguirre y Maria Achalandabaso han realizado un libro de 162 p ginas a todo color dedicado al Vendaje Neuromuscular y le han dado un sentido eminentemente pr ctico Para ello aparte de establecer los conceptos fisiolog a contraindicaciones del vendaje neuromuscular se han centrado en la Aplicaci n Pr ctica del Kinesiology Tape o Vendaje Neuromuscular Han tomado como referencia las patolog as m s comunes y con gran profusi n de im genes en color explican no s lo el vendaje final sino los pasos necesarios para llegar al final deseado Este libro nace del convencimiento de los autores sobre los beneficios que puede proporcionar la aplicaci n de una t cnica de vendaje el Neuromuscular y de la idea de transmitir y compartir estos posibles buenos resultados Y es que esta nueva t cnica de vendaje nacida en los 70 y que actualmente est en plena fase de descubrimiento por parte de terapeutas y pacientes puede por su propia sencillez frustrar sus expectativas si no se lleva a cabo un estricto protocolo de colocaci n desde el inicio hasta el final La complicidad entre los autores intenta transmitir a lo largo del libro el conocimiento y experiencia profesional acumulada por ambos a lo largo de los a os m s de 25 entre los dos para aplicar soluciones pr cticas a problemas reales que han ido encontrando a lo largo de su trayectoria vali ndose en este caso de las posibilidades que ofrece la utilizaci n del Vendaje Neuromuscular *K-Taping* Birgit 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 Kinesio Taping Perfect Manual Kenzo Kase,Kinesio Taping Association,Tatsuyuki Hashimoto,Tomoki Okane,1996

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Table of Contents Kinesiology Tape Manual

1. Understanding the eBook Kinesiology Tape Manual
 - The Rise of Digital Reading Kinesiology Tape Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Kinesiology Tape Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Kinesiology Tape Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Kinesiology Tape Manual
 - Personalized Recommendations
 - Kinesiology Tape Manual User Reviews and Ratings
 - Kinesiology Tape Manual and Bestseller Lists
5. Accessing Kinesiology Tape Manual Free and Paid eBooks
 - Kinesiology Tape Manual Public Domain eBooks
 - Kinesiology Tape Manual eBook Subscription Services

- Kinesiology Tape Manual Budget-Friendly Options
- 6. Navigating Kinesiology Tape Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Kinesiology Tape Manual Compatibility with Devices
 - Kinesiology Tape Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Kinesiology Tape Manual
 - Highlighting and Note-Taking Kinesiology Tape Manual
 - Interactive Elements Kinesiology Tape Manual
- 8. Staying Engaged with Kinesiology Tape Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Kinesiology Tape Manual
- 9. Balancing eBooks and Physical Books Kinesiology Tape Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Kinesiology Tape Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Kinesiology Tape Manual
 - Setting Reading Goals Kinesiology Tape Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Kinesiology Tape Manual
 - Fact-Checking eBook Content of Kinesiology Tape Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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