

Kinésithérapie



Guide illustré

Birgit Kumbrink

K-Taping

2^e édition

- Bases
- Techniques
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K Taping Guide

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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
Second edition 2019 **K Taping** Birgit Kumbrink, 2011-11-17 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
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 **Kinesiology Taping for Rehab and Injury Prevention**
Aliana Kim, 2025-11-04 THE ULTIMATE DIY TAPING GUIDE OF EVERYDAY INJURIES AND AILMENTS INCLUDES OVER
200 STEP BY STEP PHOTOS Widely used by physical therapists chiropractors and personal trainers kinesiology tape provides
incredible support while simultaneously stretching so your body can perform its normal range of motion Now you can utilize
this amazing material at home Simply buy a roll at your local drugstore and follow the taping methods described in this book
to reduce pain rehab an injury and get back in the game Providing clear step by step instructions and helpful photos the

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 **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 *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 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

The Excellent Kinesiology Taping Doctor Jim Towles, 2019-06-11 The Excellent Kinesiology Taping Handbook Full Guide on Everything You Need to Know About Kinesiology Taping Plus How to Use It in Sports Attain Fitness Overcome Pains Strains Lots More Pains injuries strains as well not being fit can generally and negatively limit our mobility and the ways we respond to our daily 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 etc 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 does not severely limit range of motion or 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 cons of Kinesiology taping advice to enhance your health and lots more Scroll up and click Buy Now Button to download your copy today You won't regret you did *An Illustrated Guide To Taping Techniques* Thomas John Hewetson, Karin Austin, Kathryn Gwynn-Brett, Sarah Marshall, 2009-12-11 This successful and acclaimed guide has now been fully updated and expanded in its second edition Injuries are a constant problem in sporting life and often require immediate on the spot action to alleviate pain and limit further damage this book addresses the two most essential elements of effective taping recognition of injuries and application of techniques Accessible portable and easy to use the book is organized into two sections the first covers taping supplies and their use taping objectives guidelines basic pathology and key taping strategies the second shows taping techniques in precise step by step stages illustrated by color photographs Techniques are further illustrated by physical demonstration in the DVD accompanying the book Good taping is a matter of practice but this book goes further than simply showing HOW to

tape it explores the reasons WHY we tape and the therapeutic effect it has on the physiology neurophysiology biomechanics neuromusculoskeletal system and psychology of an individual The possible adverse reactions to these systems are also covered as well as dermatological adverse reactions Easy to use step by step pictorial presentation Demonstrates techniques to provide immediate pain relief as well as the best environment for healing Includes detailed charts to help identify the injury and select the most appropriate taping technique Illustrates and clarifies basic soft tissue anatomy and physiology Portable on field manual Describes selection and use of taping material New color photographs and anatomical illustrations DVD with videoclips of taping techniques

Herbal Medic Sam Coffman, 2021-08-03 With a focus on herbal medicine and first aid essentials former Green Beret medic and clinical herbalist Sam Coffman presents this comprehensive home reference on medical emergency preparedness for times when professional medical care is unavailable Herbal Medic covers first aid essentials such how to assess a situation and a person in need of treatment and distinguish between illness and injury as well as how to prepare and use herbs when there is no access to conventional medical treatment In addition the book provides a basic introduction to herbal medicine with detailed entries on the best herbs to use in treatment information on disease in the body and how herbs work against it instructions for making herbal preparations a list of those herbs the author has found most useful in his clinical experience and a wide array of specific herbal care protocols for a multitude of acute health issues

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