

KinesioTape



You've probably seen bright colored tape on professional athletes in the Olympics, NBA, NFL etc. and wondered, "what is that, what are they wearing". Or maybe you've seen it on a co-worker, neighbor, or on a patient leaving Moon Valley Chiropractic. So what is this sometimes subtle other times flamboyant therapy that people are wearing? The answer...Kinesiotape (KT).

First some background...In the 1970s Dr. Kenzo Kase D.C. recognized the need for a new therapeutic approach when he was observing and treating traumatized tissues and muscles that did not respond to standard taping/strapping methods. So with his knowledge and understanding of the body along with research, Dr. Kase designed Kinesio Taping. This new therapy's intent is to facilitate the body's natural healing process and prolong the benefits of treatment after patients leave the office. KT methods are designed to allow support and stability for muscles and joints without restricting the body's range of motion. The method has been successful in treating a variety of orthopedic, neuromuscular, neurological and medical conditions by effecting the circulatory, lymphatic, neural, muscular, skeletal and fascial systems. It has many applications. KT can change muscle tone, move lymphatic fluids, correct movement patterns, joint support, and improve posture. This method of taping is very different than the standard taping techniques that reduce ranges of motion, do not support the fascia, and in some cases inhibit the actual healing process. KT has elasticity and breathability properties that allow it to accomplish such goals over a longer period of time. It can be worn 3-5 days at a time giving the recipient much longer therapeutic exposure.

In the 7 years I've been utilizing KT, I have treated many conditions with positive results. To name a few:

Sprains, strains, deactivating chronic tight muscles, activating weak muscles, posture correction, disperse inflammation, joint support, bruising, shin splints, plantar fascitis, golfer's elbow, tennis elbow, runner's knee, bursitis, post surgical knee replacements, etc.

It's a terrific adjunct to chiropractic treatment. If you are interested, have questions, or would like more information about how KT may help you please contact Moon Valley Chiropractic.

To Health!

Dr. Jamey Reichow