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About For Books Kinesiology Taping: The Essential Step-By ...

Kinesiology Taping: The Essential Step-by-Step Guide. 4.05 (56 ratings by Goodreads) Paperback. English. By (author) John Langendoen , By (author) Karin Sertel. Share. Taping can be effective and simple - all with a 5-centimetre wide piece of self-adhesive cotton tape. 70 proven tape applications for 160 conditions.

Offers information on taping and how it can be used to relieve many conditions, including muscle tension, bruising, sore muscles, strains, and sprains.

Kinesiology tape is a newly, hugely popular treatment that is proven to decrease pain and preventing injury and re-injury. Not just for professional athletes, taping can easily be done at home to treat a myriad of conditions--from tennis elbow and shin splints to carpal tunnel and headaches.

Kinesiology Taping For Beginners! Here's A Preview Of What You'll Learn: An Intro To Kinesiology Taping Precautions Using Kinesiology Tape Kinesiology Taping Instructions - Upper Body Kinesiology Taping Instructions - Lower Body Kinesio Taping - Effective or Not? Other Tips and Techniques in Using the Kinesio Tape Kinesio Taping - Frequently Asked Questions And Much, Much More

This book is a must for any physical therapist involved in the treatment of patients, athletes, or indeed anyone who may present with any type of sports-related injury or common medical condition. This new 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 on the application of tape to treat each individual area of pain and dysfunction through the use of pictorial demonstrations, and 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 individual artistic illustrations that have actually been drawn onto the body, and includes over 40 QR codes to YouTube of practical demonstrations of the key techniques.

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

Combines acupressure and massage to treat pain using elastic tape • Shows how the use of an elastic, adhesive tape works with the body ' s own motions to combine the actions of acupressure and massage • Presents both therapeutic and preventative techniques for acute and chronic pain • Contains step-by-step instructions illustrated in full color detailing how to self-treat pain in all parts of the body Sufferers of chronic pain well know the frustration of treatments involving endless rounds of drugs or expensive physical therapy--that may or may not offer relief. In Acupressure Taping, authors Hecker and Liebchen present a comprehensive guide to a new method of pain treatment--acutaping--which offers a much simpler and more effective alternative. In acutaping, elastic tape is placed over the afflicted area in accordance with related acupuncture points. During the course of normal movement throughout the day, the elastic tape provides a gentle but consistent massage to the inflamed area. Because the skin adheres to the tape, it is shifted against the subtissue during motion, causing lymph tissue to drain and connective tissue to be massaged. The authors show that most bodily dysfunctions can be self-treated through this innovative method. Combining elements of Chinese medicine with osteopathy, acutaping produces a method of treatment for ailments ranging from back pain and tennis elbow to menstrual pain and migraines. Acutaping is an easy and effective treatment--without side effects--that offers welcome relief to sufferers of chronic pain.

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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