



CAPTA NEWS

Volume 4, Issue 10

October 2009

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There's a difference you can feel.

www.capitolphysicaltherapy.net

KINESIO TAPE

What Is It and What Are The Benefits?

Kinesio tape is a special tape that is made up of polymer elastic strand wrapped with cotton fibers and acrylic adhesive. There is NO LATEX in this tape. It was developed in 1973 in Japan. This acrylic adhesive is applied in wave like patterns to mimic the fingerprint qualities of the fingertip. These patterns assist the tape in lifting the skin which allows for improved lymphatic flow and provides a channel for moisture to escape. The thickness is approximately the same as the epidermis of the skin to limit the body's perception of weight and to avoid sensory stimuli when properly applied.

The benefits of using kinesio tape (depending on the amount of stretch put on the tape) range from edema reduction—muscle inhibition—muscle facilitation.

Common conditions kinesio tape is used include:

- Lymphedema
- Arthritis
- Edema
- Joint subluxation
- Post Surgical Scars
- Sprains
- Acute and Chronic Pain
- Strains

Capitol Physical Therapy has been using kinesio tape for the above conditions and have had good results. If you have any further questions, please feel free to contact any one of our clinics for more information.

You may also go to their website at: www.kinesiotaping.com

