



2211 Riverside Dr., Suite 200  
Ottawa, ON • K1H 7X5  
Voice: 613.521.5355  
Fax: 613.521.4189  
[www.holisticclinic.ca](http://www.holisticclinic.ca)

## **What is Kinesio Taping®?**

By: Dr. Isaac Cristoveanu, B.Sc. D.C.

Kinesio Taping® is a specialized method for therapeutic and rehabilitative taping which uses a specific tape known as Kinesio Tex Gold®. This elastic, latex-free tape takes minimal time to apply, is resilient (lasts up to 3-5 days), water resistant, easy to remove and suitable for patients of all ages. **Kinesio Taping® is designed to reduce pain, enhance performance, re-educate the neuromuscular system, prevent injury, and promote lymphatic flow.**

The Kinesio Taping® Method can be used on a variety of musculoskeletal problems and can be modified to address a wide range of concerns. The Kinesio Taping® method involves taping over and around muscles in order to assist and give support to muscles or to prevent over-contraction of muscles, depending on patient presentation. Kinesio Taping® can easily be integrated into a patients' existing treatment plan. It also works effectively in conjunction with both Active Release® Technique and Graston Technique.

First developed 30 years ago by Dr. Kenso Kase, a Japanese chiropractor, Kinesio Tex® tape is unique from other forms of athletic taping. The tape has the ability to stretch up to 140% and thus allows **free range of motion** while the tape is applied. This enables individuals to engage in their typical daily activities or athletic pursuits without hindrance. In fact, Kinesio Taping® technique is employed by hundreds of athletes in many countries on both the amateur and professional levels. At the Beijing Olympics Kinesio Tex® tape was used by athletes from all over the world ([click here](#) to see more on Kinesio Taping® at the Beijing Olympics).

The unique properties of the Kinesio Tex® tape allow it to stretch when applied. This has the effect of lifting the skin (epidermis) which results in a decrease in pressure within the dermis, the layer of tissue underneath the skin. This is significant because the dermis contains blood and lymph vessels as well as neural receptors which are responsible for sensing pain and movement. This decrease in pressure creates an increase in cellular interstitial space which allows for an increased blood flow and lymphatic drainage.

The nervous system components within the dermis are also affected. The unique properties of the Kinesio Tex® tape provide gentle sensory stimulation to all sensory receptors. The tape can therefore have the effect of blocking the sensation of pain (nociception) as well as stimulating fine motor control of musculature (mechanoreceptors). **In essence this means decreased pressure leading to decreased pain and an improvement in muscle function.**

One of the most important features of Kinesio Tex® tape is its versatility. **Varying how, where and in what tension the tape is applied will alter the desired effect of treatment.** There are a number of correctional Kinesio Taping® techniques that may be applied by a practitioner depending on the specific condition intended for treatment. Correctional techniques include mechanical, lymphatic, ligament/tendon, fascial, space and functional. These various applications enhance the ability of the tape to address musculoskeletal issues.

Finally, the durable nature of the tape allows for it to **remain in its therapeutic applicative position for 3-5 days.** This is important as the comparative temporal duration that the tape is worn increases the therapeutic and rehabilitative effect. Typical athletic tape is designed to be rigid with the idea of providing a stabilizing force to the tissue or joint that it may be supporting. However, its application is usually meant to limit mobility which leads to decreased range of movement when performing activities of daily living or pursuing athletic events. Conversely, a Kinesio Taping® application can adapt to any range of motion the patient may require.

*Dr. Cristoveanu, B. Sc., D.C. is a chiropractor and a Certified Taping® Practitioner (CKTP) practicing at the Holistic Clinic. He is a For more information on Kinesio Taping® please visit their website at [www.kinesiotaping.com](http://www.kinesiotaping.com)*