



How can Kinesio Tape® Help Me?



I am often asked this question when I suggest to patients that we treat their musculoskeletal conditions with Kinesio Tape®. Here are some of the points I go over when answering them.

Kinesio Tape® is a taping procedure that can help to both support and stabilize your joints and muscles. Unlike traditional taping jobs, splints, and immobilization, Kinesio Tape® can do these things without affecting circulation or impeding range of motion. Range of motion (even if it's minimal because of pain and discomfort) is crucial for: proper joint health and nourishment, lubrication, and tendon/ligament health as well. Kinesio Tape® can also be used for maintenance care, swelling/edema and to help manage pain.

Kinesio Taping®, like chiropractic, functional medicine and nutritional therapy is a technique based on the body's own natural healing process. The procedure seems to help through the activation of neurological and circulatory pathways. Joints, muscles and their requisite connective tissues exist to both maintain and moderate the movements of your body; and also help to control the circulation of venous and lymph flows, body temperature, etc. Therefore, the failure of the muscles to function properly can induce various kinds of unwanted symptoms and dysfunction.

Using the specialized elastic tape developed by the Kinesio Tape® organization (www.kinesiotaping.com), muscles, joints, ligaments, tendons, pain and range of motion could be supported and improved-upon. Kinesio Tape® is applied over muscles and joints in a certain way to produce these desired and much-needed effects. In general, it is left on for 3-5 days. The adhesive used on the tape is waterproof and heat-activated.



Here are some of the many conditions that have been improved-upon by the proper application of Kinesio Tape®:

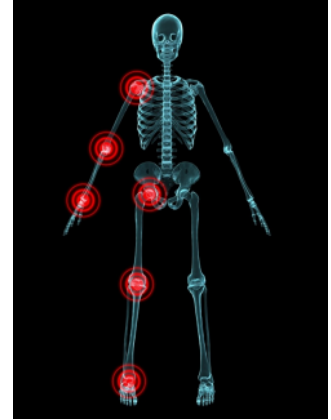
- Muscular facilitation or inhibition in pediatric patients
- Carpal tunnel syndrome
- Low back pain
- Herniated discs
- Knee conditions
- Shoulder conditions
- Hamstring/ groin injuries
- Rotator cuff injuries
- Whiplash
- Tennis elbow
- Plantar fasciitis
- Patella tracking problems
- Pre and post surgical edema/swelling and fibrosis/scarring
- Ankle sprains



Optimum Function: Health and Wellness Article

More Concepts Related to Kinesio Taping®

Muscles constantly contract, relax and move within a normal range; when muscles are worked beyond their capacity, for instance, if you are lifting an excessive amount of weight, they can become injured, cannot recover or both. When this occurs, inflammation sets-in, joints become swollen or stiff and other muscles begin to become dysfunctional due to fatigue and compensatory patterning. Swelling and inflammation can reduce and compress the space between the skin and muscle. This results in a constriction of small capillary blood flow and the flow of lymphatic fluid. This compression can also exert a pressure on pain receptors beneath the skin, which in turn is translated by the brain as a "warning signal" that you experience as PAIN.



Conventional athletic tape or "white tape" is designed to restrict the movement muscles and joints on which the tape is applied. For this purpose, several layers of tape must be applied around and/or over the afflicted area, applying a significant amount of pressure which can result in the obstruction of blood and lymphatic fluid flow. This is an UNDESIRABLE side-effect and is also the reason athletic tape is generally applied for only short periods of time.

Kinesio Tape® is based on a different principle that aims to support your pain-free range of motion, which in turn may allow your body's own healing abilities to restore pain-free, full and proper musculoskeletal function.

To find out more about this simple yet powerful treatment, go to www.OptFunction.com, email info@OptFunction.com or call 503-866-9739 to speak directly with me

Yours in Health,

Tim Irving, DC, MS, LMT, Nutritionist, CKTP, CHt

Optimum Function: Portland, OR, 97214

Optimum Function = Optimum Health