



# KINESIOLOGY TAPE

## AKA: KINESIO TAPE & K-TAPE

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### WHAT IS K-TAPE?

K-tape was invented in the 1970's by a Japanese chiropractor as a means to provide support to his patients without limiting their motion. It often is composed of a blend of cotton and nylon, which was designed to mimic the skin's elasticity (Stanborough, 2019).

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### HOW DOES K-TAPE HELP?

#### RELIEVES PAIN

K-tape is said to change the way humans experience pain, possibly by helping to inhibit nerve impulses. It is used to help restore homeostasis in the body (Bridges & Bridges, 2017).

#### INCREASES MOVEMENT

When placed on the skin, k-tape relaxes your skin receptors. This calms them down because they realize that they do not have to continuously activate to protect you. Due to this you are able to move more freely with decreased effort (Bridges & Bridges, 2017).

#### DECREASES SWELLING

When applied strategically, the tape recoils slightly. This promotes your skin to lift gently from the tissues below. By lifting your skin, a microscopic space is created between your skin and the tissues underneath it (Stanborough, 2019). This alleviates pressure and allows the swelling (edema) to escape (Fischer Institute, 2017).

#### INCREASES CIRCULATION

When k-tape is applied, a microscopic space is created between your skin and the tissues underneath it (Stanborough, 2019). This allows for increased blood flow to the area, which provides the injured tissues with additional oxygen and nutrients. Ultimately, this promotes healing and a faster recovery (Fischer Institute, 2017; Orthopaedic Associates, 2018).

#### INFLUENCES MUSCLES AND JOINTS

Tape enables the function of muscles by preventing over-stretching and over-contraction of muscles (Fischer Institute, 2017; Orthopaedic Associates, 2018). By correcting muscle imbalances, the K-tape can positively effect joint positioning (Bridges & Bridges, 2017).

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### HOW DO I WEAR K-TAPE?

K-tape has water-resistant medical-grade adhesive, meaning that you can wash your hands and shower normally (Stanborough, 2019). For best results, blot the tape with a towel after getting it wet. Perform your home exercises normally as well.

When the ends of the tape start peeling up, use scissors to carefully snip the ends off. Once the tape is unsalvageable, remove it gently. Saturating the tape with rubbing alcohol (found in hand sanitizer) allows for easy removal of tape and residue.

Your tape should last 2-5 days, depending on the location. If you have any reaction to the tape, gently remove it immediately.

PLEASE ASK YOUR THERAPIST IF YOU HAVE ANY FURTHER QUESTIONS OR CONCERNS!

*Polkowitz, 2020*

## References

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