

Kinesio® Taping Method

A non-invasive approach to assist the body's natural healing process.



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Rehabilitative Kinesio® taping is a technique designed to facilitate the body's natural healing process by providing support to muscles, tendons, ligaments, and joints without restricting the body's range of motion. Kinesio® taping can also assist with pain management and help facilitate lymphatic drainage by microscopically lifting the skin. The latex free tape is safe for all ages, can be applied in hundreds of ways, and is wearable for several days.

Kinesio® taping has the ability to:

- Facilitate weak muscles
- Inhibit overused muscles
- Optimize performance
- Promote good circulation and healing
- Reduce pain and inflammation
- Re-educate the neuromuscular system

Kinesio® taping may help:

- Bruising
- Joint swelling
- Ligament sprains
- Lymphedema
- Muscle strains
- Muscle weakness
- Plantar Fasciitis
- Posture
- Tendonitis

