

# Kinesio® Taping Method Concepts

There are two ways to apply Kinesio® Tex tape. You can apply the tape with little to no stretch, which is described as UNSTRETCHED, or you can apply the tape while it is stretched, which is known as STRETCHED.

**UNSTRETCHED:** In this case, we stretch the skin of the affected area before application of the tape. This is done by stretching the muscles and joints in the affected area. After application, the taped skin will form convolutions when the skin and muscles contract back to their normal position. When the skin is lifted by this technique, the flow of blood and lymphatic fluid beneath the skin improves.

On the other hand, if joints or ligaments are injured, the tape should be **STRETCHED** before application to the skin. The damaged joints or ligaments are incapable of functioning normally and rely on the stretched tape for correction. It is also important to note that while depending on the injury, tape is either stretched or not stretched, this does not mean that the actual application technique will change.

To ensure that the muscles have free range of motion, elastic tapes with an elasticity of 130-140% of its original length are recommended for Kinesio® Taping. This specific elasticity also will not allow an over stretch of the muscles themselves. It may look like conventional athletic tape, but tape and Kinesio® Taping is fundamentally different. Kinesio® Taping is based on a different philosophy that aims to give free range of motion in order to allow the body's muscular system to heal itself bio-mechanically.

Kinesio® Taping alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. The taped portion forms convolutions in the skin, thus increasing interstitial space. The result is that pressure and irritation are taken off the neural and sensory receptors, alleviating pain. Pressure is gradually taken off the lymphatic system, allowing it to channel more freely.



***Certified Kinesio Taping Practitioner***