



Kinesiology Taping The Essential Step-By-Step Guide: Taping for Sports, Fitness and Daily Life - 160 Conditions and Ailments

John Langendoen, Karin Sertel

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Taping can be effective and simple -- all with a 2-inch wide piece of self-adhesive cotton tape. 70 proven tape applications for 160 conditions.

Athletes are wearing brightly colored tapes at sporting events like the London Olympics, Wimbledon, gymnastics meets or even out jogging.

The reason they're taping is because it's an effective way to treat a myriad of conditions like muscle pain, bruising, sore muscles, bad posture, swelling, strains, sprains, support during training, arthritic conditions, menstrual complaints, headaches and even sinusitis.

Tapes, both elastic and non-elastic, are applied directly to the skin. The most important effect of the tape is pain relief and the second is increased mobility. That relationship between pain and movement is critical. A perceived decrease in pain enables more movement, which is essential to recovery and rehabilitation.

How to tape oneself, friends or loved ones safely and effectively is explained in easy-to-understand directions and step-by-step photos showing how taping works, where and when it can be applied, and what to do during a practice session.

There are 70 proven tape applications for more than 160 ailments, conditions and related body parts that are explained in easy-to-follow detail through directions and step-by-step color photos. Self-treatment, regeneration and prevention for almost any complaint is just a roll of tape away.

Handy charts, graphs and listings make it simple to find the taping technique best suited to a personal concern.

Taping allows the body to rest and heal naturally, reduces inflammation, increases circulation and allows appropriate movements. These effective techniques have been used by millions of people worldwide to take advantage of taping's many benefits.

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