AUTHENTIC Designed and Authorized by Kenzo Kase



Kinesio® Tex Tape

and the

**Kinesio® Taping Method** 



Dr. Kenzo Kase invented and developed Kinesio<sup>®</sup> Taping Method over 30 years ago. The Kinesio® Taping Method is designed to facilitate the body's natural healing process while allowing support and stability to muscles and joints without restricting the body's range of motion. It successfully treats a variety of orthopedic, neuromuscular, neurological and medical conditions.

The method originated in Japan in 1973 and over the years it has stretched its horizons to countries worldwide. Currently, the method is being used by occupational and physical therapists, athletic trainers, chiropractors, acupuncturists, and other health care practitioners alike.

Dr. Kase still teaches his method and continues to be active in the evolution of the technique and product.

Provided by:





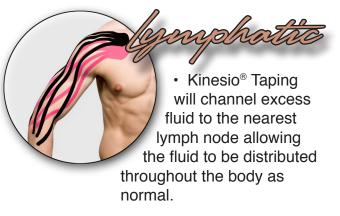
## About Kinesio:

Kinesio® Taping works in conjunction with the body's natural healing capabilities. It generates lift, which improves circulation of the blood, clears up lymphatic congestion and alleviates pressure on pain receptors. Simply put, you'll feel better faster.

Kinesio's® unique construction doesn't restrict natural range of motion. And because of its water-resistance and natural breathability, tape applications range from three to five days.

- Elastic Cotton Fiber Strip with unilateral stretch moves with muscles while supporting them.
- 100% medical grade acrylic adhesive provides the best adherence to the needed area of the body.
- Kinesio's® Patented Wave pattern allows for optimal breathing and comfort while it's applied.
- Totally latex free eliminates any allergy worries.

## Neurological suppression of pain occurs by applying the tape to the affected area.



• Kinesio® Taping targets weakened or overused muscles by taping over and around the affected area.



## Testimonials:

"I really cannot believe the improvement and pain relief I've received from my physical therapist applying your tape. I have cut way back on pain meds as a result. I couldn't use my left arm due to the severe pain in my shoulder, and now I have greater movement. I have cervical and thoracic problems and have gotten relief as well to those areas."

Lana Chapman

## Various uses:

**AC Joint** Illiotibial Band **Erector Spinae Achilles Tendon** Fascia Correction Ligament Correct ACL **Lymphatic Correct Finger Sprain** Ankle Sprain **Frozen Shoulder** MCL Bursitis **Geriatric Taping Metatarsal Arch** Carpel Tunnel Hallux Valgus Myofascial **DeQuervains Hammer Toe Osteoarthritis Dislocations Hamstring Strain** Patella Tracking **Epicondylitis** Headache Pediatric Taping



"I was skeptical at first, wondering how in the world can pieces of tape help my pain...but it did!! After a full day activity, I was fully expecting my back to be in pain like usual, but it didn't! For the first time in 6 months my back did not hurt."

Amanda Monk

"I just can't believe that Kinesio® Tex Tape has done so much for me and my lupus affecting my hands and fingers. Along with moist heat treatment, medication, and tape I am able to peel potatoes, put socks on, sew and type. I still have a ways to go, but to be able to do the simple things is a blessing. Thanks to Kinesio® Tex Tape."

Betty Ddra