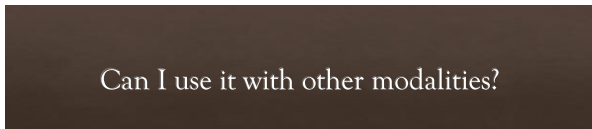


1



2



- ◆ Can be combined with...
- ◆ Cryotherapy
- ◆ Hydrotherapy
- ◆ Manual therapy
- ◆ Estim

3

Contraindications

Do not apply Kinesio tape:

- ◆ Over active malignancy site
- ◆ Over active cellulitis or skin infection
- ◆ Over open wounds
- ◆ Over Deep Vein Thrombosis

4

Precautions

- ◆ Diabetes
- ◆ Kidney Disease
- ◆ CHF
- ◆ CAD or Bruits in the Carotid Artery
- ◆ Fragile or healing skin
- ◆ Pregnancy
- ◆ Taping for these conditions may require MD approval

5

Rules of Thumb

- Clean and dry skin prior to application
- Round edges of tape
- Apply no tension to anchors and ends
- Rub tape to activate adhesive following application
- Apply 30 minutes before rigorous activity or swimming
- Patient/caregiver education is important component to success
- Avoid touching adhesive side of tape prior to placement on skin

6

NEVER

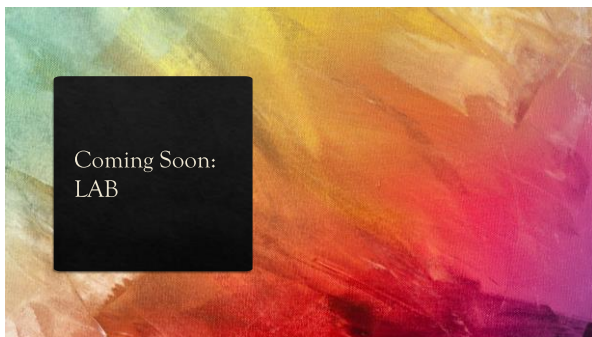
Blow dry	Blow dry tape
Heat	Apply heat over tape
Hair	Do not attach to nape of hair through axilla or groin
Pull	Do not "pull" patient into position using tape
Irritation	Do not leave on skin if itching or increased pain occurs

7

Tension Guidelines

Super light 0-10%	• Skin only
Paper off 10-15%	• Circulatory (Bruised)
Light 15-25%	• Inhibitory
Moderate 25-35%	• Facilitatory
Severe 50-75%	• Tendon
Full 75-100%	• Ligament • NO TENSION ON ANCHOR OR END

8



9
