

## Kinesiology - Tape (I)

In contests, we can usually find athletes adorned with vividly-coloured elastic therapeutic tapes. Many people thought that those tapes are just for making the athletes conspicuous, hence attracting more attention. Actually, those tapes offer beneficial effects such as supporting muscle tissues, eliminating edema, reducing pain and promoting blood circulation. Athletes can cut and apply the tapes over different affected areas so as to get relief and expedite rehabilitation.

### What is a Kinesiology Tape

A Kinesiology tape is a stretchable strip designed under the principles of kinesiology and biomechanics offering intensified or relaxing treatment to specific muscles through utilization of its adhesive and elastic properties, as well as manipulation of force directions. Besides, the adhesiveness and elasticity of the tape can increase the interstitial space between the skin and muscle, affect the penetrativeness of the subcutaneous fascia tissues, promote lymphatic and blood flows, excrete fatigue metabolites and pain products, reduce muscle pain and loading, and ultimately attain a curing effect.



### When is an Elastic Therapeutic Tape needed

1. When daily activities are affected by an acute injury of a soft tissue, e.g. ligament, muscle and fascia
2. When a ligament, muscle or fascia had been injured and requires an extra protection
3. When receiving treatment after a sporting injury

### Notes on Usage (Simplified Version)

1. Remove the sweat and grease from your body
2. Cut to the length appropriate for the affected area
3. Stretch the muscle in the affected area as far as practicable
4. Apply part of the tape to the origin, slightly stretch the tape along the affected muscle and then apply the rest to the muscle

### The 4 Greatest Benefits of Elastic Therapeutic Tapes

- ❖ Normalise muscle functions
- ❖ Promote lymphatic drainage and blood circulation
- ❖ Relieve pain
- ❖ Correct joint mal-alignment

