

# KINESIO TAPING

## PHYSIOLOGICAL EFFECTS

Muscles constantly extend and contract within a normal range; however, when muscles over-extend and over contract, such as when lifting an excessive amount of weight, muscles cannot recover and become inflamed. When a muscle is inflamed, swollen or stiff due to fatigue, the space between the skin and muscle is compressed, resulting in constriction to the flow of lymphatic fluid. This compression also applies pressure to the pain receptors beneath the skin, which in turn communicates, "discomfort signals" to the brain, hence the person experiences PAIN. This type of pain is known as myalgia, or muscular pain.

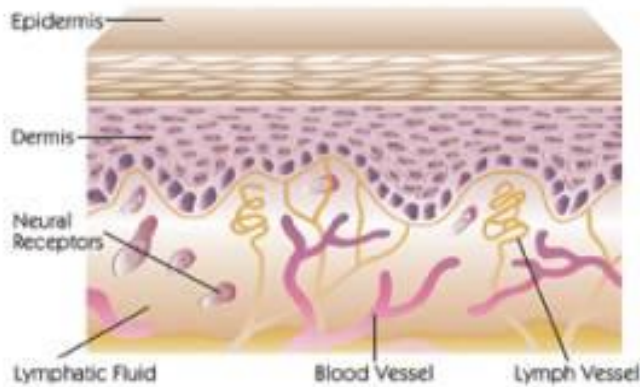
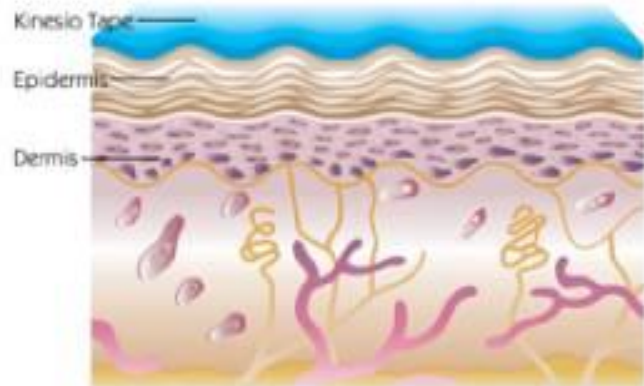


Illustration showing model of skin prior to Kinesio Tex Tape application

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.

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.



Taped area forms convolutions then it increases the space between the skin and muscles and promotes the flow of lymphatic fluid.