

KINESIO TAPE

Kinesio Taping Method is a therapeutic tool. The idea of using elastic tape to mimic the therapist's hands was first presented by Dr. Kenzo Kase in the 1970s. Since then it became the modality used in pain management, soft tissue injury, tissue and joints misalignment, and movement enhancement.

Kinesio Tape contains either 100% cotton and elastic fibers or it can be a blend of polyester and cotton with elastic fibers. The latter is a preferable choice for Kinesio Taping application on sensitive skin when higher tensions on the tape are needed for the desired outcome. The tape is applied on the paper backing using an acrylic adhesive and with various level of stretch.

Kinesio Taping theory is based on the neurophysiological mechanisms and the effect of mechanical stimuli on various systems in the body:

- Central Nervous System (CNS)
- Skin
- Fascia
- Lymphatic and circulatory system.

<https://pubmed.ncbi.nlm.nih.gov/19574662/>

<https://journals.sagepub.com/doi/full/10.1177/1534735419847276#bibr30-1534735419847276>

<https://onlinelibrary.wiley.com/doi/10.1002/jmri.26281>

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