

Tale of the Tape...

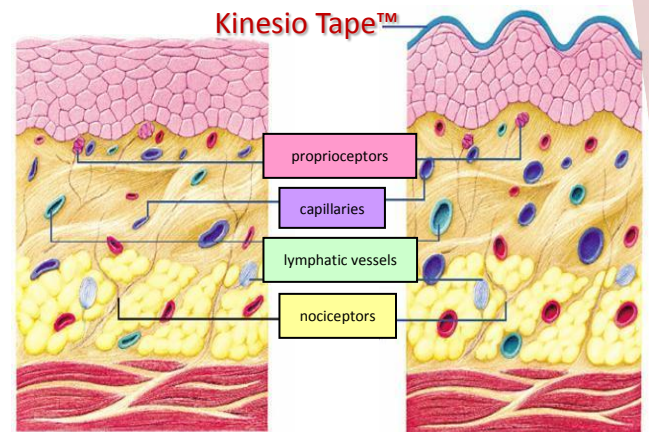
Kinesio Tape™ was created by Dr. Kenzo Kase in Japan originally for medical purposes, and was introduced to the world by the Japanese Olympic team in the 1988 Seoul Games. However, it wasn't until the 2008 Summer Olympics in Beijing, that the world noticed the tape! Being a Certified Kinesio Taping Practitioner™, and watching the Olympic Games, I was excited and encouraged to begin increasing the use and education about this magic tape that was all over the athletes in the Games.

WHAT IS KINESIO TAPE™?

Elastic therapeutic tape is a cotton based tape that stretches to mimic the elasticity of skin. The tape is water resistant and can last for 3-5 days. It can be applied in hundreds of ways and has the ability to re-educate the neuromuscular system, reduce pain and inflammation, enhance performance, prevent injury and promote good circulation and healing, and assist in returning the body to homeostasis.

HOW DOES IT WORK?

The Kinesio Taping™ Method is designed to facilitate the body's natural healing process and to provide extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. Kinesio Tape is safe for populations ranging from Athletes to pediatric to geriatric. By targeting different receptors within the somatosensory system, the tape alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. This lifting effect forms convolutions in the skin thus increasing interstitial space and allowing for decreased inflammation. 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 is used to successfully treat a variety of orthopedic, neuromuscular, neurological and medical conditions, therefore making the tape safe and effective for anyone!



At Return to Function, Josh & Elise are both trained in the Kinesio Taping™ Method. Currently Josh is Peterborough's only Certified Kinesio Taping Practitioner™, and an Elite member of the Kinesio Taping Association. Josh has been using the tape with his clients for over 3 years and has also used the tape with Rugby Canada and the National Senior Men's Team and also at the Canadian National Beach Volleyball Championships, and International Tae Kwon Do Championships.

