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How to apply

Kinesiology tape

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~~Frozen~~

Kinesio Taping Your  
Frozen Shoulder. Frozen  
shoulder (FS) is the  
more commonly known  
name for Adhesive  
Capsulitis (AC) which is  
the loss of movement or  
stiffness in the shoulder.

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Shoulder movements become very restricted as there is a scar like tissue formed in the shoulder joint leaving lesser room for movement.

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Frozen Shoulder +  
In Home Physical ...~~

Recovery from a frozen shoulder takes about 2-4 years. So instead of

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waiting for your frozen shoulder to recover by itself, you can always seek professional assistance. Kinesio taping included as a part of athletic therapy provides security and stability to the affected joint, and at the same time reduce pain.

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Frozen shoulder FS is  
the more commonly  
known name for  
Adhesive Capsulitis AC  
which is the loss of  
movement or stiffness in  
the shoulder Shoulder  
movements become  
very restricted as there  
is a scar like tissue

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room for movement.

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Recovery from a frozen  
shoulder takes about 2-4  
years. So instead of

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waiting for your frozen shoulder to recover by itself, you can always seek professional assistance. Kinesio taping included as a part of athletic therapy provides security

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chronic medical  
conditions. Orthoco has  
been a proud  
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Kinesio USA, since  
2003. KT Tape cutting  
methods.

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~~30+ Best shoulder~~

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on applying Kinesio Tex  
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This typically lasts 2-9 months. The first symptom is usually pain. Stiffness and limitation in movement then also gradually build up. The pain is typically worse at night and when you lie on the affected side. Phase two - the 'frozen', stiff (or

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adhesive) phase. This typically lasts 4-12 months.

~~ARES Kinesiology~~

~~Tape: Frozen Shoulder~~

Tear off the tape backing on about two inches of one side of the "I" strip and anchor it on the upper part of the back of your shoulder. Peel off the tape backing. Gently pull the

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kinesiology tape to  
about 25% stretch, and  
anchor the end on the  
side of your arm about  
1/3 of the way down.

~~Support Your Shoulder  
With Kinesiology Tape~~  
Kinesio Tape offers  
support and stability to  
athletes and rehab  
patients. Breathable,  
latex-free and  
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Tape is the leading brand of tape used when utilizing the Kinesio Taping Method introduced by Dr. Kenso Kase over 30 years ago.

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Kinesiology tape is  
really stretchy.. Kase  
created Kinesio tape  
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designed to mimic the skin's elasticity so you can use your full range of motion.

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Advanced Sports  
Practitioner I am  
qualified to apply  
Kinesio taping, which I  
use for many sporting  
and non-sporting

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injuries – for example, “frozen shoulder”, back pain, rotator cuff injuries, “tennis elbow”, plantar fasciitis and achilles tendinopathy to name but a few.

Kinesiology tape is a newly, hugely popular treatment that is proven to decrease pain and

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preventing injury and re-injury. Not just for professional athletes, taping can easily be done at home to treat a myriad of conditions--from tennis elbow and shin splints to carpal tunnel and headaches.

**THE ULTIMATE DIY**

*Page 32/61*



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**TAPING GUIDE OF  
EVERYDAY  
INJURIES AND  
AILMENTS**

**INCLUDES OVER 200  
STEP-BY-STEP**

**PHOTOS** Widely used  
by physical therapists,  
chiropractors and  
personal trainers,  
kinesiology tape  
provides incredible  
support while  
simultaneously

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stretching so your body can perform its normal range of motion. Now you can utilize this amazing material at home. Simply buy a roll at your local drugstore and follow the taping methods described in this book to reduce pain, rehab an injury and get back in the game.

Providing clear step-by-step instructions and

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helpful photos, the author shows how to tape the most common injuries and conditions anywhere on the body: • Neck pain • Frozen shoulder • Bicep strain • Tennis elbow • Wrist sprain • Tight IT band • ACL/MCL sprains • Achilles tendinitis • Ankle sprain • Plantar fasciitis

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Length, Strength and  
Kinesio Tape: Muscle  
Testing and Taping  
Interventions is an  
essential manual for  
musculoskeletal  
therapists seeking to  
develop competency in  
the treatment of select  
clinical conditions using  
the concepts and  
principles of the Kinesio  
Taping® Method.

Focusing on the

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identification and role of  
muscle structures, the  
manual presents length  
and strength tests

covering 68 muscle  
groups and provides  
practitioners with a  
framework to use and  
reassess the application  
of Kinesio® Tape.

Endorsed by Kinesio  
Taping Association  
International, Length,  
Strength and Kinesio

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Tape: Muscle Testing  
and Taping  
Interventions is  
designed as a  
companion to Kinesio  
Taping® courses  
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Kinesio® method and  
how Kinesio Taping®  
works Highlights the  
anatomy of the muscle  
and structures prior to

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taping Step-by-step  
instructions to a range  
of Kinesio Taping®  
techniques, covering the  
neck, shoulder, elbow,  
wrist and thumb, trunk,  
pelvic girdle and hip,  
knee and ankle Initial  
assessment using length  
and strength/function  
testing and application  
of appropriate Kinesio  
Taping® intervention  
Assessment sheets

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provided for each key anatomical area. Includes eBook version on VitalSource Also available as a separate purchase: A suite of 68 videos covering 8 major body areas with step-by-step instructions and clear demonstrations of the assessment and taping strategies for each technique. An ideal supplement to the text



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Excellent clinician  
refresher tool Useful  
when explaining  
treatment to client To  
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works Highlights the  
anatomy of the muscle  
and structures prior to

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assessment using length  
and strength/function  
testing and application  
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provided for each key  
anatomical area

Taping may be an  
powerful and easy way  
to treat a selection of  
situations like muscle  
ache, bruising, sore  
muscle mass, horrific  
posture, swelling, lines,  
sprains, arthritic  
conditions, menstrual  
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complications and even

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sinusitis. Proper utility  
can help the frame  
relaxation and heal  
clearly, lessen

inflammation, increase  
circulate and allow  
suitable movements.

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millions of human  
beings international,  
these effective strategies  
can lessen pain even as  
increasing

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any complaint is just a roll of tape away. Widely utilized by bodily therapists, chiropractors and personal trainers, kinesiology tape offers superb aid while concurrently stretching so your frame can carry out its everyday range of movement. Now you could make use of this great material at

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domestic. Simply buy a roll at your local drugstore and follow the taping methods defined in this e-book to lessen ache, rehab an damage and get lower back in the game. Providing clear step-by means of-step instructions and beneficial pix, the writer indicates how to tape the most common accidents and situations

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anywhere at the frame: -  
Neck ache- Frozen  
shoulder- Bicep strain-  
Tennis elbow- Wrist  
sprain- Tight IT band-  
ACL/MCL sprains-  
Achilles tendinitis-  
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fasciitis

A COMPREHENSIVE  
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STRENGTHENING,  
AND MAINTENANCE



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## PROGRAM FOR RECOVERING FROM AND PREVENTING FROZEN SHOULDER

The cause of your frozen shoulder may be a mystery, but the way to fix it is no secret.

Heal Your Frozen Shoulder guides you through the entire rehabilitation process, from understanding the problem to regaining

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full movement. It even tells you how to avoid this debilitating condition in the future.

Featuring over 200 step-by-step photos, this book presents a complete program to get your shoulder back to its best possible condition, including:

- Effective movements
- Progressive stretches
- Gentle strengthening

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techniques • Long-term lifestyle adjustments  
Author Dr. Karl Knopf, who specializes in the needs of aging patients, emphasizes proven treatments and proper form to guarantee help with your shoulder pain regardless of your fitness level.

Caring for the Painful  
Thumb - More Than a

*Page 51/61*

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Splint by Jan Albrecht,  
an Occupational  
Therapist and Certified  
Hand Therapist. It is a  
teaching tool for  
patients and therapists.  
With over 200 color  
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books in one: half the  
book for the right hand  
and half for left to help  
patients visualize  
mobilization and  
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Terminology a patient can understand. Textile taping for the painful thumb CMC joint described in detail. 52 sturdy pages, spiral bound. This durable book can be used at the treatment table, or independently by the patient at the completion of therapy. Pages can be copied for handouts.

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This updated 4th Edition of Therapeutic Exercise does more than provide a listing of exercises--it builds practice preparedness and clinical reasoning skills by focusing on the rationale behind exercise selections and progressions. Now in striking full color and more accessible than ever, the text

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emphasizes return to function, aligns with the most recent ICF framework, and reflects the latest strategies in physical therapy. This edition continues to show readers how to use therapeutic exercise and related interventions to close the gap between current and desired performance, while incorporating new

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Offers information on  
taping and how it can be  
used to relieve many  
conditions, including  
muscle tension,  
bruising, sore muscles,  
sprains, and sprains.

Already integrated  
successfully in  
competitive sports,



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medical treatment and rehabilitation programs, K-Taping therapy offers physical, occupational and speech therapists a wide range of options for the treatment of infants, small children and younger patients. K-Taping can now be integrated into pediatric physiotherapy and speech therapy, aiding in the treatment of a

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range of conditions including postural defects, deformities of the feet and dysphagia.

About the content K-Taping in theory - The properties, function and mode of action of elastic K-Tape - The effects of K-Tape therapy - The fundamentals of K-Tape application -  
Contraindications K-Taping in practice - The

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The appropriate technique for more than 50 medical indications -  
Step by step guidance with photo series, practical tips and alternative applications

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About the author Birgit Kumbrink, founder and medical director of the international K-Taping Academy, Dortmund, Germany and one of the most experienced users and teachers of the treatment method internationally. The course companion and practical manual – for therapists, midwives and pediatricians

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