

# A Practical Guide To Kinesiology Taping

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**A Practical Guide To Kinesiology Taping** A practical guide to kinesiology taping Kinesiology taping has gained popularity among athletes, physical therapists, and fitness enthusiasts for its ability to support muscles, improve circulation, and reduce pain without restricting movement. Whether you're a beginner or looking to refine your skills, understanding the fundamentals of kinesiology taping can enhance your recovery process and optimize athletic performance. This comprehensive guide covers everything you need to know about kinesiology taping—from its benefits and application techniques to safety tips and troubleshooting.

**What is Kinesiology Taping?** Kinesiology taping involves applying elastic therapeutic tape to the skin in specific patterns to facilitate healing, support muscles, and improve joint function. Unlike traditional athletic tape, kinesiology tape is designed to stretch and move with the body, providing support without limiting range of motion.

**Origins and Development** - Developed in Japan in the 1970s by Dr. Kenzo Kase - Gained global popularity through sports medicine and physiotherapy communities - Utilized by professional athletes, trainers, and rehabilitation specialists

**How Does It Work?**

- Lifts the skin to increase space between tissues, reducing pressure on pain receptors
- Enhances blood and lymphatic circulation to decrease swelling
- Supports muscles and joints without restricting movement
- Provides sensory feedback to improve proprioception

**Benefits of Kinesiology Taping** Applying kinesiology tape offers numerous advantages, making it a favored modality for injury management and performance enhancement.

Key Benefits	Reduces pain and inflammation	Supports weakened or overused muscles	Improves circulation and lymphatic drainage
Enhances proprioception and body awareness	Allows full range of motion during activity	Facilitates faster recovery from injuries	Types of Kinesiology Tape

**Choosing the right tape** is crucial for effective application. Popular Brands and Variants

- KT Tape:** Widely used, available in various colors and lengths
- RockTape:** Known for its durability and strong adhesive
- SpiderTech:** Pre-cut tapes for specific injuries
- TheraTape:** Features enhanced elasticity and adhesion

**Factors to Consider When Selecting Tape**

- 1. Adhesion strength based on skin sensitivity and activity level.
- 2. Stretchability matching the desired support level.
- 3. Color for personal preference (though color does not affect function).
- 4. Pre-cut versus roll options depending on application complexity.

**Preparing for Kinesiology Taping** Proper preparation ensures optimal adhesion and effectiveness.

**Skin Preparation Tips**

- 1. Clean the skin thoroughly to remove oils, lotions, and sweat.
- 2. Shave excess hair if necessary for better adhesion.
- 3. Ensure the skin is dry before application.

**Tools and Supplies Needed**

- Kinesiology tape
- Scissors for cutting tape (if not pre-cut)
- Alcohol wipes or skin prep solution (optional)
- Lubricant or moisturizer (to reduce skin irritation)

**Step-by-Step Guide to Applying Kinesiology Tape**

Applying kinesiology tape correctly is essential for achieving desired outcomes. The process varies depending on the injury or support needed.

1. **General Principles** Apply tape with the muscle relaxed or slightly stretched, based on goal.
2. **Use appropriate tension**—generally 10-50% stretch depending on application.
3. **Ensure ends of the tape are applied without tension** to prevent peeling.

**Follow specific taping patterns for different injuries**

**Example Application: Support for an Achilles Tendon Injury**

1. Cut two strips of tape approximately 10-12 inches long.
2. Apply the anchor (base) of each strip just above the heel without tension.
3. Stretch the tape slightly (around 25%) and run along the

sides of the Achilles<sup>3</sup>. tendon toward the calf muscle Secure the ends without tension to the calf muscle<sup>4</sup>. Rub the tape to activate the adhesive and ensure proper adhesion<sup>5</sup>. Common Taping Techniques and Patterns Different injuries and supports require specific taping techniques. Muscle Support Taping - Aim: Facilitate muscle contraction or inhibit overactive muscles - Pattern: Y-shaped strips along muscle fibers with tension following the muscle direction Ligament and Joint Support - Aim: Stabilize joints and prevent excessive movement - Pattern: Fan-shaped or cross patterns with varying tension to support ligaments Swelling and Lymphedema - Aim: Promote lymphatic flow - Pattern: Lightly stretched strips applied with gentle overlaps, following lymphatic drainage pathways Safety Tips and Precautions While kinesiology taping is generally safe, following safety guidelines minimizes risks. Contraindications Open wounds or skin infections in the taping area Allergic skin reactions or sensitivities to adhesives Deep vein thrombosis (consult healthcare provider before taping) 4 Pregnancy-related skin sensitivities Potential Side Effects Skin irritation or rash Discomfort if tape is applied too tightly Reduced circulation if improperly applied Post-Application Care Remove the tape if irritation occurs<sup>1</sup>. Wash the area regularly to prevent skin irritation<sup>2</sup>. Avoid sweaty or excessively humid environments immediately after application<sup>3</sup>. Maintaining and Removing Kinesiology Tape Proper removal techniques help prevent skin damage and ensure comfort. How to Remove Tape Slowly peel the tape back against the direction of hair growth Use gentle stretching to minimize discomfort Apply massage or oil if the tape adheres strongly Duration of Wear - Typically, kinesiology tape can be worn for 3-5 days - Remove sooner if irritation or discomfort occurs - Reapplication may be necessary based on ongoing support needs Integrating Kinesiology Taping Into Your Routine For optimal results, consider these tips: Consult a trained healthcare professional for proper pattern selection and<sup>1</sup>. application techniques Combine taping with other therapies such as stretching, strengthening, and manual<sup>2</sup>. therapy Practice proper skin care before and after taping<sup>3</sup>. Monitor your skin for signs of irritation and adjust accordingly<sup>4</sup>. Educate yourself on specific taping patterns for common injuries<sup>5</sup>. Conclusion Kinesiology taping is a versatile and effective modality for managing pain, supporting 5 muscles and joints, and enhancing athletic performance. By understanding the fundamentals of application techniques, selecting appropriate tapes, and following safety precautions, you can harness the full potential of kinesiology taping. Remember, while DIY taping can be beneficial, consulting with a healthcare professional ensures proper technique and injury-specific support, leading to better outcomes and faster recovery. Whether you're an athlete seeking performance support or an individual managing an injury, this practical guide offers the knowledge to incorporate kinesiology taping confidently into your health and wellness routine. QuestionAnswer What are the main benefits of kinesiology taping for athletes? Kinesiology taping can help reduce pain, improve circulation, support muscles and joints, enhance athletic performance, and promote faster recovery from injuries. How do I apply kinesiology tape correctly for shoulder pain? To apply kinesiology tape for shoulder pain, clean and dry the skin, cut the tape to appropriate lengths, and apply it with gentle tension along the shoulder muscles, ensuring the tape adheres smoothly without bunching, usually in an 'X' or supportive pattern depending on the injury. Can kinesiology taping be used for chronic conditions like back pain? Yes, kinesiology taping can be used to provide support and reduce discomfort in chronic conditions like back pain by improving muscle function and reducing strain, but it should be used in conjunction with other treatments and under guidance. Are there any precautions or contraindications when using kinesiology tape? Yes, avoid applying tape over open wounds, skin infections, or irritated skin. Do not use if you have allergies to adhesives, and consult

a healthcare professional if you have circulatory or neurological conditions or are unsure about proper application. How long can I wear kinesiology tape, and how do I remove it safely? Kinesiology tape can generally be worn for 3 to 5 days. To remove, gently peel the tape back against the skin while supporting the skin, and use alcohol or oil to help loosen adhesive if needed, to minimize skin irritation. Is there scientific evidence supporting the effectiveness of kinesiology taping? While some studies suggest kinesiology taping may aid in pain reduction and support recovery, evidence is mixed. It is best used as a complementary therapy alongside other treatments, and consulting a trained professional is recommended for proper application. A Practical Guide to Kinesiology Taping In recent years, kinesiology taping has surged in popularity among athletes, physical therapists, and fitness enthusiasts alike. From professional sports arenas to local gyms, this innovative technique has gained recognition for its potential to support muscles, reduce pain, and promote recovery. But what exactly is kinesiology taping, and how can it be effectively applied? In this comprehensive guide, A Practical Guide To Kinesiology Taping 6 we delve into the fundamentals of kinesiology taping, exploring its origins, benefits, proper application methods, and practical tips to harness its full potential. Understanding Kinesiology Taping: The Basics What Is Kinesiology Taping? Kinesiology taping is a therapeutic technique involving the application of elastic cotton strips with an acrylic adhesive to the skin. Unlike traditional athletic tapes, kinesiology tape is designed to mimic the skin's elasticity, allowing for a full range of motion while offering support and stability. Developed in the 1970s by Dr. Kenzo Kase, a Japanese chiropractor, this method was initially used to assist athletes in preventing injuries and accelerating recovery. The primary purpose of kinesiology taping is to influence the body's biomechanics, facilitate lymphatic drainage, and reduce pain by lifting the skin slightly away from underlying tissues. This gentle lift aims to improve circulation, decrease inflammation, and support muscles and joints without restricting movement. How Does It Work? The effectiveness of kinesiology taping hinges on several mechanisms: - Mechanical Support: The tape provides support to muscles and joints, helping to maintain proper alignment and reduce strain during activity. - Proprioceptive Feedback: The tape stimulates skin receptors, enhancing body awareness and improving coordination. - Lymphatic Drainage: By gently lifting the skin, kinesiology tape can promote lymph flow, aiding in the reduction of swelling and edema. - Pain Modulation: The tape may influence pain pathways, decreasing discomfort through sensory input. The Science Behind the Tape While anecdotal evidence abounds, scientific research on kinesiology taping's efficacy presents mixed results. Some studies suggest benefits in reducing pain and improving function, especially in cases of musculoskeletal injuries. Others emphasize that the placebo effect and proper application are critical factors. Despite ongoing debates, many practitioners and users report subjective improvements, making kinesiology taping a valuable adjunct in injury management and rehabilitation. Choosing the Right Tape Kinesiology tapes come in various brands, colors, and qualities. When selecting a tape: - Elasticity: Look for tapes with around 140-160% stretchability, similar to skin elasticity. - Adhesive Quality: Ensure the adhesive is hypoallergenic and durable enough to withstand sweat and movement. - Width and Length: Common widths are 5cm or 10cm; choose based on the area being treated. - Color: While color does not affect function, some believe different shades may psychologically impact perception or motivation. Preparing for Application Before applying kinesiology tape, proper preparation is essential: 1. Skin Preparation: Clean and dry the skin thoroughly. Remove lotions, oils, or powders that could interfere with adhesion. 2. Assess the Area: Identify the muscles or joints requiring support or relief. 3. Determine the Taping Technique: Decide on the appropriate method based

on the injury or support needed. 4. Gather Materials: Have scissors, tape, and possibly a marker to outline areas if needed. Basic Principles of Taping Technique Successful kinesiology taping combines knowledge of anatomy with precise application. Here are core principles: - Stretch the Tape Appropriately: Usually, the tape is stretched between 10-50% of its resting length, A Practical Guide To Kinesiology Taping 7 depending on the purpose. - Apply with the Muscle in a Specific State: For support, apply with the muscle slightly stretched; for pain relief, apply with minimal stretch or in a relaxed muscle. - Avoid Wrinkles: Ensure smooth, wrinkle-free application to prevent skin irritation and ensure correct tension. - Anchor Properly: Secure the ends without tension to avoid skin irritation or tape peeling. Step-by-Step Application Guide Below is a general approach to applying kinesiology tape: 1. Identify the Target Area: Determine the muscle, ligament, or joint requiring support. 2. Measure and Cut the Tape: Cut strips to the needed length, adding extra for anchors. 3. Round the Corners: Rounding edges prevents peeling. 4. Apply the Anchor: Remove the backing paper from the starting end and place it without tension, adhering it firmly. 5. Stretch and Apply the Tape: As you peel off the backing, stretch the tape to the desired tension and smoothly adhere it along the muscle or area. 6. Secure the End: Finish with the last few centimeters without tension, pressing down firmly. 7. Check for Comfort: Ensure the tape feels supportive but not restrictive. Avoid excessive tension, which can cause skin irritation. Common Taping Techniques for Popular Injuries 1. Lower Back Support - Cut a Y-shaped strip with two tails. - Apply the base of the Y at the center of the lower back. - Stretch the tails slightly and apply along the sides of the lumbar muscles, providing support. 2. Knee Pain (Patellar Tendon Support) - Use a strip applied from just below the kneecap to above the knee, with moderate stretch. - This supports the patellar tendon during movement. 3. Shoulder Strain - Apply a "I" or "X" strip from the front of the shoulder to the upper arm, supporting rotator cuff muscles. 4. Ankle Sprain - Use a figure-eight pattern around the ankle to stabilize ligaments. Safety and Precautions While kinesiology taping offers numerous benefits, safety considerations are essential: - Skin Reactions: Discontinue use if irritation or allergic reactions occur. - Application Accuracy: Incorrect application may worsen symptoms or cause discomfort. - Medical Consultation: Consult healthcare professionals before applying for severe injuries or chronic conditions. - Duration: Typically, tape can stay on for 3-5 days, but monitor for skin issues. - Water Resistance: Most tapes are water-resistant, but prolonged exposure to water can reduce adhesion. Integrating Kinesiology Taping Into Your Routine For athletes and active individuals, kinesiology taping can be part of a broader injury prevention or rehabilitation plan. To maximize benefits: - Combine with Proper Training: Strengthening and flexibility exercises complement taping. - Use as an Adjunct: Kinesiology taping should support, not replace, medical treatment. - Educate Yourself: Learning proper techniques or consulting trained practitioners ensures optimal results. Conclusion Kinesiology taping represents a versatile, non-invasive tool in the realm of sports medicine and physical therapy. Its ability to support muscles, reduce pain, and enhance proprioception makes it valuable for both injury prevention and recovery. However, success hinges on correct application, an understanding of anatomy, and individualized assessment. Whether you're an athlete seeking to optimize performance or someone managing musculoskeletal discomfort, mastering the principles of kinesiology taping can A Practical Guide To Kinesiology Taping 8 empower you to take proactive steps toward better movement and well-being. Always remember to seek professional guidance when needed, and approach taping as a complementary component within a comprehensive health strategy. kinesiology taping, taping techniques, muscle support, sports injury prevention, taping methods,

kinesio tape application, injury recovery, muscle pain relief, athletic taping, taping benefits

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preceded by a practical guide to kinesiology taping for injury prevention and common medical conditions john gibbons second edition 2019

this book is a must have for any physical therapist involved in the treatment of patients athletes or indeed anyone likely to come into contact with a range of sporting injuries including coaches personal trainers and sporting enthusiasts the author takes the reader on an educational journey through the entire taping process from marking an area of dysfunction to preparing and cutting tape and application with variants shown for special problems opening with the principles and benefits of the kinesiology taping method explaining what it is and when and why you would apply it the book then covers the correct application of tape to treat each individual area of pain and dysfunction through the use of pictorial demonstrations including examples of injuries common to each area of pain and the subsequent variations in taping applications the reader is clearly presented with over 50 special areas of pain each identified through individual artistic illustrations the author has the ability to explain this fascination yet not widely understood subject in a relatively simplistic

way helping every reader develop the ability to apply these phenomenal techniques with confidence in any setting

the essential guide to kinesiology sport and exercise science

kinesiology taping a beginners to pro practical guide on everything one needs to know about kinesiology tapingkinesiology taping is a type of therapeutic treatment aimed at releasing tension in the muscles enhancing the flow of blood and lymph improving joint functions as well as improving the functions of the neurological system the method involves placing some tapes across the affected areas they are placed in a particular pattern so that the real effect is felt notably you can see these tapes across the shoulders on the back knees and the abs among other areas users of these tapes say that the tape lessens pain provides support improves performance and reduces swelling kinesiology taping is gaining popularity especially in the world of sporting it has been used for quite some time now to prevent as well as manage injuries that sportspersons endure this book is a great guide on the basics of kinesiology taping including practical tips and applications get your copy today to start enjoying the benefits of kinesiology taping using this guide

john gibbons is recognized as one of the world s leading authorities in sports medicine this book is a must for any athletic trainer physical therapist and athlete involved in the treatment of patients athletes or indeed anyone who may present with any type of sports related injury or common medical condition this new edition offers self help techniques to allow the patient to self treat where appropriate the author guides you step by step through the entire process of taping by first marking an area of dysfunction then preparing and cutting tape followed by application with variants for specific problems this book highlights over 60 specific areas of pain that are identified through individual artistic illustrations that have actually been drawn onto the body and includes over 40 qr codes to youtube of practical demonstrations of the key techniques

the excellent kinesiology taping handbook full guide on everything you need to know about kinesiology taping plus how to use it in sports attain fitness overcome pains strains lots morepains injuries strains as well not being fit can generally and negatively limit our mobility and the ways we respond to our daily activities such as sporting activities or other activities besides have you ever come across athletes or sportsmen sportswomen wearing elegantly colored tape on their shoulders legs knees elbows etc it is simply kinesiology tape kt and it is the secret behind the fitness or wellness of athletes and sportsmen sportswomen kinesiology taping helps to minimize pain due to injuries does not severely limit range of motion or circulation assists in minimizing lower back pain as well as its assistance in the recovery of shoulder or wrist plus knee pains or injuries etc it can also help in the treatment of running injuries and a host of others and if you have been battling with pains strains or injuries related to sports or the work you do then this breath taking guide is specifically written for you to permanently conquer these issues or challenges furthermore this guide reveals a step by step procedure and techniques that will assist or help you to permanently overcome pains injuries strains and lots more and you should start seeing meaningful results in few hours or days in this guide you will learn what kinesiology taping kt is the characteristics basics plus the theory behind kinesiology taping the precautions contra indications plus several types of application in kinesiology those who stand to benefit from kinesiology taping plus the health issues it can treat the vital types of application stretch pros and cos of

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practical kinesiology taping workbook detailed guide on kinesiology taping a to z how to utilize it to gain fitness conquer strains pains its use in sports kinesiology taping kt for short is a corrective instrument or approach that has gotten to a great extent and which is known in the realm of sports furthermore it is a method that helps one to adjust a harmed locale of the human body without thoroughly restricting the scope of movement of the human body furthermore it is especially utilized while attempting to treat or better forestall wounds that may emerge from sports and none donning issues besides it started from japan in 1970s with the sole motivation behind restoring or treating delicate tissues and to limit torments to mitigating levels additionally kinesiology taping has other exceptional advantages for example decrease of strong touchiness decrease of weakness in muscle restraint of agony recuperating ascribes especially the improvement of the lymphatic depleting measure also the progression of the blood in our body what's more it is likewise equipped for limiting oedema more so torments wounds strains too not being fit can for the most part and adversely limit our portability and the manners in which we react to our day by day exercises for example wearing exercises or different exercises additionally have you ever gone over competitors or athletes sportswomen wearing richly hued tape on their shoulders legs knees elbows and so forth it is basically kinesiology taping and it is the mystery behind the wellness of competitors and athletes kinesiology taping assists with limiting agony because of wounds and doesn't seriously restrict scope of movement or flow helps with limiting lower back torment just as its help with the recuperation of shoulder or wrist in addition to knee torments or wounds and so on it can likewise help in the treatment of running wounds and a large group of others what's more in the event that you have been engaging with agonies strains or wounds identified with sports or the work you do at that point this stunning guide is explicitly composed for you and to overcome all sports or work related agonies pain once and for all besides this guide uncovers a bit by bit method and strategies that will help you with for all time conquering torments wounds strains and parcels more furthermore you should begin seeing significant outcomes in couple of hours or days here we will be looking at the following kinesiology taping kt is all about features fundamentals the rules behind kinesiology taping safety measures contra indications the kinds of application in kinesiology the gains one stand to get from kinesiology taping the health challenges it can treat main types of application stretches advantages disadvantages of kinesiology taping and so on simply scroll up and click buy now button to get your copy today you will be happy you did

taping can be effective and simple all with a 2 inch wide piece of self adhesive cotton tape 70 proven tape applications for 160 conditions

kinesiology is the art of muscle testing concentrating on reflex and acupressure points kinesiologists use specialized massage techniques to identify and correct energy blocks and imbalances this book explains how the technique works and where to find a therapist

a valuable reference source for professionals and academics in this field this is an encyclopedia dictionary of the many scientific and technical terms now encountered in kinesiology and exercise science

unlock the power of healing with kinesiology taping a practical guide for therapists trainers and health professionals whether you're a physiotherapist sports trainer medical student or fitness enthusiast this comprehensive handbook delivers clear evidence based guidance on using kinesiology tape to support injury recovery pain relief postural correction and rehabilitation authored by dr p ravi shankar a seasoned anatomist and physiotherapist with over 18 years of clinical and academic experience this book is designed with simplicity accuracy and hands on practicality in mind each technique is illustrated with step by step instructions and enriched with nearly 180 high quality clinical photographs enabling readers to easily understand and apply taping methods with confidence inside you'll find principles of kinesiology taping and muscle anatomy stretch percentages and tape types demystified detailed taping techniques for upper limb lower limb spine and nerve related conditions clinical insights on taping for pain relief muscle facilitation postural rehabilitation and swelling reduction glossary of essential anatomical and medical terms written in easy to understand language and avoiding complex jargon this guide is also accessible for coaches athletes and caregivers looking to learn effective non invasive support methods practical illustrative evidence informed this is more than a textbook it's a go to reference for every therapy room and sports clinic

kinesiology taping guide the ultimate resource for pain relief injury recovery and enhanced performance unlock the power of kinesiology taping with this comprehensive guide designed to help you recover faster perform better and manage pain more effectively whether you're an athlete a fitness enthusiast or someone dealing with chronic pain kinesiology taping guide offers easy to understand instructions and expert tips to incorporate taping into your wellness routine what's inside step by step taping techniques learn how to apply kinesiology tape to treat a variety of conditions including muscle strains joint pain swelling and post surgery recovery injury prevention discover how kinesiology tape can help prevent injuries by providing support improving circulation and enhancing muscle coordination during physical activity pain management solutions explore how kinesiology taping can alleviate pain from common issues like sprains tendonitis and arthritis without the need for medications enhanced athletic performance find out how taping can help athletes improve their range of motion reduce fatigue and maintain peak performance levels from casual runners to professional sports competitors comprehensive applications from taping techniques for the neck and shoulders to knees ankles and lower back this guide covers a wide range of body areas with clear instructions and illustrations for each technique why kinesiology taping kinesiology tape is a non invasive drug free approach to managing pain and supporting recovery by lifting the skin and improving circulation it enhances the body's natural healing processes offering both immediate relief and long term benefits whether you're recovering from a sports injury or simply dealing with muscle fatigue kinesiology taping can be an essential tool for your recovery arsenal perfect for athletes looking to prevent injuries and enhance performance individuals recovering from surgery or injury fitness enthusiasts seeking pain relief and improved mobility physical therapists chiropractors and healthcare providers anyone interested in natural drug free pain management with clear actionable instructions and expert advice kinesiology taping guide is your go to resource for understanding the benefits of kinesiology tape and learning how to use it effectively for pain relief injury prevention and overall body performance

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evaluation of each method its history evidence for its claims and possible complications or dangers entries are organized in sections on mind body and spirit methods manual healing and physical touch methods herb vitamin and mineral methods diet and nutrition and pharmacological and biological treatment methods overview chapters discuss safety and regulatory issues and insurance coverage and give guidelines for using complementary and alternative methods annotation copyrighted by book news inc portland or

the unique kinesiology taping hand book your effective practical guide for daily lifestyle fitness sports injury prevention and overcoming strains when pains injuries strains as well as not being fit can generally and negatively limit your mobility and the ways we respond to our daily routine activities such as sporting activities or other activities besides have you ever come across athletes or sportsmen sportswomen wearing elegantly colored tape on their shoulders legs knees elbows and so on it is simply kinesiology tape kt and it is the secret behind the fitness or wellness of athletes and sportsmen sportswomen kinesiology taping helps to minimize pain due to injuries it does not severely limit range of motion or circulation assists in minimizing lower back pain as well as its assistance in the recovery of shoulder or wrist plus knee pains or injuries etc it can also help in the treatment of running injuries and a host of others and if you have been battling with pains strains or injuries related to sports or the work you do then this breath taking guide is specifically written for you to permanently conquer these issues or challenges furthermore this guide reveals a step by step procedure and techniques that will assist or help you to permanently overcome pains injuries strains and lots more and you should start seeing meaningful results in few hours or days in this guide you will learn what kinesiology taping kt is the characteristics basics plus the theory behind kinesiology taping the precautions contra indications plus several types of application in kinesiology those who stand to benefit from kinesiology taping plus the health issues it can treat the vital types of application stretch pros and cons of kinesiology taping advice to enhance your health and lots more click on the buy now button to access your copy today and smile afterwards you won t regret you did

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