

Can Kinesio® Taping Help Me?

Are you sick of dealing with chronic pain with little or no relief? Are you sick of using pain medication, gels and creams? Maybe Kinesio® Tape is right for you. Jim Heydon, patient of Chiropractic & Rehab Associates, said *"I suffered from shoulder pain for years and after four weeks of treatment including Kinesio® Taping at Chiropractic & Rehab Associates, my pain is now gone."* Kinesio® Taping is a safe, painless, effective way to reduce pain and aid in the body's natural healing process.

Kinesio® Tape has been used by health care professionals globally for years. Its visibility to the general public grew from watching the athletes competing at the 2008 Olympic games in Beijing. The word "Kinesio®" originates from the science of Kinesiology, which focuses on the study of movement. Movement is mainly attributed to muscles, which have a significant effect on the control of circulation and lymphatic flow. Therefore, muscles are extremely important in body function and the healing process.

This innovative tape was designed to help support and strengthen the body's natural healing process. It is an extremely effective tool in rehabilitation. Kinesio® Tape is quite different than traditional sports tape, which is generally used around a joint to help stabilize and restrict the joint movement. The very elastic substance, which is applied directly to the skin over muscles, helps tissues recover and heal faster.

Do you suffer from any of the following ailments? Lower back and neck pain, muscle spasms, swelling, herniated discs, whiplash, shoulder conditions, rotator cuff injuries, carpal tunnel syndrome, knee conditions, plantar fasciitis, ankle strains, tennis elbow or hip pain. Kinesio® Tape can be used for a variety of conditions from foot problems to headaches to reduce pain and aid in the healing process when used properly.

The proper application of Kinesio® Tape allows for full range of motion, while providing support to the affected area and enhancing the body's ability to heal by protecting the injured soft tissue. It can easily be worn under clothing. Patients can shower and bathe without the tape coming off and will often last several days. Pick up the phone and schedule your consultation with Dr. Paul Herbener and Dr. Brian W. Carman at Chiropractic & Rehab Associates, P.C. (450-9909) and find out if Kinesio® Taping is right for you.