

# Kinesio Taping

One Taping Procedure

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# What is Kinesio Tape?

It is a special tape used in the treatment of muscular-skeletal injuries or problems.

It has special qualities as follows:

- 100% cotton
- Stretches 30-40% its resting length in one direction only
- Has similar characteristics to skin
- Has a medical grade adhesive

# Who Uses Kinesio Tape?

Typically the following professionals use it:

- Occupational Therapists
- Physical Therapists
- Athletic Trainers
- Chiropractors

# Uses of Kinesio Tape

There are several possible indications for kinesio tape such as to reduce pain, relax muscles and prevent overuse, to enhance strength, edema control, correction, etc.

This presentation is focusing on one use as a correction measure for “Shoulder Subluxation”.

# Skin Allergy

Occasionally, a client may be allergic to the tape.

Place a small piece of tape on client's skin for 15 minutes and check for redness.

If excessive redness is noted then do not use kinesio tape on this client.

# One Method – Shoulder Subluxation

- First cut an “I” strip about 14”long. Measure from client’s spine down the arm to the deltoid tuberosity.
- Follow the following 3 tapings

# I Strip Over Supraspinatus

- Place one end (base) of the tape with no tension just lateral to client's spine on the side of the subluxed shoulder.
- Have client round shoulders forward and with 10-20% stretch lay tape down over the supraspinatus muscle, stopping near its insertion area.
- Rub tape down.



# Correction of Subluxation

- Passively abduct client's arm to 90 degrees.
- Lay tape down with 20% stretch to deltoid tuberosity.
- Rub tape down
- If client has a large arm then this taping can be repeated with a second strip overlapping the first taping half-way.





# Stabilize AC Joint

- Cut another “I” strip about 4-5” long.
- With client’s arm relaxed at the side place the middle 2” of tape directly over the AC joint with 100% stretch.
- Rub middle of tape down.
- Lay both ends down with no stretch and then rub down.



# Correction of Glenohumeral Joint

- Cut another 4-5" "I" strip.
- Place one end on the anterior aspect of the humerus with no tension.
- With shoulder aligned lay down from anterior aspect to middle of lateral aspect of humerus with 75-100% stretch. Rub tape down.
- Rub remaining tape down with no tension and then rub down.



# Taping Completed

Taping can be worn for 3-5 days.  
Patient can shower with tape on.



# References

- Progressive Rehab Concepts, Inc. (2005)
- Kase, K. Kase, T., and Wallis, J. in Clinical Therapeutic Applications of the Kinesio Taping Method (2003)
- <http://www.kinesiotaping.com/>