

kinesiotaping[®]

Kinesio Taping[®] is a specialized method for therapeutic and rehabilitative taping which uses a specific tape known as Kinesio Tex Gold[®]. This elastic, latex-free tape takes minimal time to apply, is resilient (lasts up to 3-5 days), water resistant, easy to remove and suitable for patients of all ages. Kinesio Taping is designed to reduce pain, enhance performance, re-educate the neuromuscular system, prevent injury, and promote lymphatic flow.

The Kinesio Taping Method can be used on a variety of musculoskeletal problems and can be modified to address a wide range of concerns. The Kinesio Taping method involves taping over and around muscles in order to assist and give support to muscles or to prevent over-contraction of muscles, depending on patient presentation. Kinesio Taping can easily be integrated into a patients' existing treatment plan. It also works effectively in conjunction with both Active Release[®] Technique and Graston Technique.

First developed 30 years ago by Dr. Kenso Kase, a Japanese chiropractor, Kinesio Tex[®] tape is unique from other forms of athletic taping. The tape has the ability to stretch up to 140% and thus allows free range of motion while the tape is applied. This enables individuals to engage in their typical daily activities or athletic pursuits without hindrance. In fact, Kinesio Taping technique is employed by hundreds of athletes in many countries on both the amateur and professional levels. At the Beijing Olympics Kinesio Tex tape was used by athletes from all over the world.

As a Doctor of Chiropractic, Bryan Boerjan is pleased to bring you this exciting sports performance and injury rehabilitation technique. Dr. Boerjan received substantial education on the topic through a certification course and has utilized this method of treatment on numerous, successful patients.

