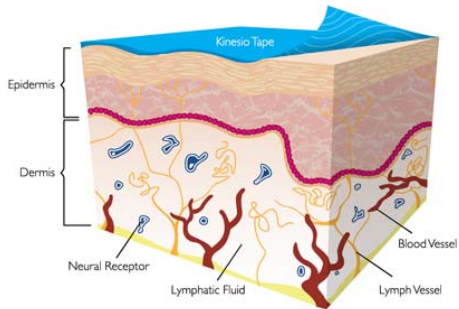


## HOW DOES KINESIO WORK?



Kinesio Taping® alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. The taped portion forms convolutions in the skin, thus increasing interstitial space. The result is that pressure and irritation are taken off the neural and sensory receptors, alleviating pain. Pressure is gradually taken off the lymphatic system, allowing it to channel and drain more freely.



## PHYSIOLOGICAL EFFECTS

Muscles constantly extend and contract within a normal range, however, when muscles over-extend or over contract, such as when lifting an excessive amount of weight, muscles cannot recover and become inflamed. When a muscle is inflamed, swollen or stiff due to fatigue, the space between the skin and muscle is compressed, resulting in constriction to the flow of lymphatic fluid. This compression also applies pressure to the pain receptors beneath the skin, which in turn communicates "discomfort signals" to the brain and thus the person experiences pain. This type of pain is known as myalgia, or muscular pain.

## LIFETIME HEALTH & WELLNESS SPORTS DIVISION

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## WHAT'S KINESIO TAPING?



LIFETIME HEALTH & WELLNESS  
***SPORTS DIVISION***

TEL: 303-423-4610

OUR DOCTORS ARE CERTIFIED  
KINESIO TAPING PRACTITIONERS!

## What Does Kinesio Taping Do?

Kinesio Taping gives support and stability to your joints and muscles without affecting circulation and range of motion. It is also used for Preventive Maintenance, Edema, and Pain Management.

Kinesio Taping is a technique based on the body's own natural healing process. This Kinesio Taping exhibits its efficacy through the activation of neurological and circulatory systems. This method basically stems from the science of Kinesiology, hence the name "Kinesio". Muscles are not only attributed to the movements of the body but also control the circulation of venous and lymph flows, body temperature, etc. Therefore, the failure of the muscles to function properly induces various kinds of symptoms.

Consequently, so much attention was given to the importance of muscle function that the idea of treating the muscles in order to activate the body's own healing process came about. Using an elastic tape, it was discovered that muscles and other tissues could be helped by outside assistance.

Employment of Kinesio Taping creates a totally new approach to treating nerves, muscles, and organs.

The first application of Kinesio Taping was for a patient with articular disorders.

For the first 10 years, orthopedists, chiropractors, acupuncturists and other medical practitioners were the main users of Kinesio Taping. Soon thereafter, Kinesio Taping was used by the Japanese Olympic volleyball players and word quickly spread to other athletes. Today, Kinesio Taping is accepted by medical practitioners and athletes in Japan, United States, Europe, South America and other Asian countries.

The Kinesio Taping Method is applied over muscles to reduce pain and inflammation, relax,



overused, tired muscles, and to support muscles in movement on a 24hr/day basis. It is non-restrictive type of taping which allows for full range of motion.

In contrast, traditional sports' taping is wrapped around a joint strictly for stabilization and support during a sporting event obstructing the flow of bodily fluids... an UNDESIRABLE side-effect.

Kinesio Tape is used for anything from headaches to foot problems and everything in between. Examples include: Muscular Facilitation or Inhibition in pediatric patients, carpal tunnel syndrome, lower back strain/pain (subluxations, herniated disc), knee conditions, shoulder conditions, hamstring, groin injury, rotator cuff injury, Bell's palsy, trigeminal neuralgia, whiplash, tennis elbow, plantar fasciitis, patella tracking, pre and post surgical edema, ankle sprains, athletic preventative injury method, and as a support method.

