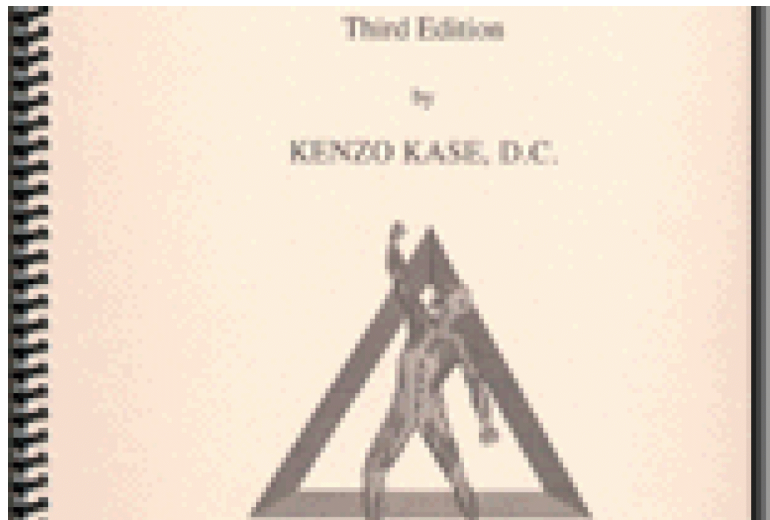


Dynamic Chiropractic



SOFT TISSUE / TRIGGER POINTS

Illustrated Kinesio Taping, 3rd edition by Kenzo Kaze

Title: *Illustrated Kinesio Taping, 3rd edition*

Author: Kenzo Kase, DC

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Length: 108 pages, softcover

Price: \$34.99

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ILLUSTRATED KINESIO TAPING

Third Edition

by

KENZO KASE, D.C.



KENYU KAI
TOKYO

Kinesio taping utilizes the body's natural healing processes by activating the neurological and circulatory systems. When a muscle is inflamed or swollen, the space between the skin and the muscles becomes compressed, constricting the flow of lymph. This affects the pain receptors beneath the skin, causing the brain/patient to experience pain. Dr. Kenzo Kase believes it is possible to affect the circulation of venous, lymph and body temperature by utilizing the muscles through specific taping techniques. A specific material called Kinesio tape is used, allowing the injured body part to have free range of motion while preventing overstretching and congestion of

the muscle tissue. Kinesio tape works to support the muscles, remove congestion, activate the endogenous system and correct joint problems.

After a brief introduction, this book is divided into three sections: Shoulder Girdle, Trunk, and Pelvic Girdle. In each section, a specific muscle is described, including an explanation of its function, origin, insertion and nerve supply. The clinical applications of taping also are described, along with a specific taping procedure for the muscle. Black-and-white drawings are prevalent throughout the text, providing clear examples for self-training. This book is basic in its approach, and the concepts introduced can easily be applied to practice.

I ordered a few roles of Kinesio tape from a local supplier at about \$15 a roll. After trying the taping procedures on a few patients, I found the tape to be quick and easy to apply. This method appears to be another great adjunct that can be utilized in practice following an adjustment. Get some tape, and see if your outcomes improve.

Dr. Kintish's rating:



9.5 out of 10

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