Why Kinesio® Tape?

Kinesio® is the only tape that is made to stretch naturally along with the muscle, rather than forcing or constricting it. Especially when using Kinesio Tex FP® or Kinesio Tex® Performance +, the anchor and tension, along with multi-directional pull, creates space within the skin layers increasing the flow of blood and lymph, leading to the sensation of “Space Movement Cooling” in the taped area.

Take the Treatment Home:

Over 40 years ago, Dr. Kenzo Kase imagined a way that would extend his patients’ treatment after they left his office. Thus, Kinesio® Tape and the Kinesio Taping® Method were born. Through Dr. Kase’s revolutionary taping method, a patient can continue to feel the comforting effects long after seeing their practitioner.

EDF™:

By affecting the top layers of the skin, Kinesio Tape can correct major problems such as swelling, edema, pain, and medical conditions. It is through these skin layers of the fascia, epidermis, dermis, etc. that these positive corrections can occur. EDF™ utilizes low level tension (less than paper-off tension) to treat nerve pain, improve local circulation, and treat repetitive motion injuries.

EDF™ Cut: How to apply

1. Position the ends of the web cut strip gently at either end of target tissue. Do not yet rub into place.
2. Gently grasp center of outer tail with fingertips or tweezers. Try to avoid excessively touching the adhesive.
3. Spread both outside tails sideways simultaneously as far as possible from center of application without creating too much tension.
4. Repeat with succeeding tails, working from the outside in, creating a similar width of space in the slit between tails, until reaching the center.
5. The center slit should end up about the same width as the others.
6. Rub surface of tape gently to activate the adhesive.

Home Care Instructions:

Kinesio Tape is water resistant and may be worn in the shower. However, it should be patted dry after showering. Remove tape after 2 to 5 days or if irritation occurs. If the patient has difficulty removing the tape, they can saturate it with baby oil, lotion or soap to break the adhesive bonds. Tape should be removed in the direction of hair growth. Do not remove in the shower.
Percentage of Available Stretch:

- **Ultra Light 0-5%**
- **Super Light 5-10%**
- **Paper off 10-15%**
- **Light 10-25%**
- **Moderate 25-35%**
- **Severe 50-75%**
- **Full 75-100%**

0% tension in anchor and ends

*The correspondences above are only suggestions. Remember that tape applications are at the discretion of the trained and knowledgeable clinician applying it.*

**Common Vocabulary:**
- **Target Tissue:** Tissue requiring treatment
- **Anchor:** Beginning of application; no tension
- **End:** Last part of tape laid down; no tension
- **Therapeutic Zone:** Region of tape applied to Target Tissue
- **Therapeutic Direction:** Recoil of Tape toward the Anchor
- **Underactive Muscle Correction:** Designed to aid in movement for weak or underused muscle
- **Overactive Muscle Correction:** Designed to ease tension on fatigued, strained, or overused muscle without limiting Range of Motion

**Kinesio Taping Contraindications**

Do not apply Kinesio Tex Tape:
1. Over malignancy sites
2. Over cellulitis or skin infection
3. Over open wounds (cover wound with gauze)
4. Over Deep Vein Thrombosis

Remember to ALWAYS
1. Assess, tape, reassess
2. Tape for both symptom and cause
3. Clean and dry skin prior to application
4. Round edges of Kinesio Tape
5. Apply tape with no tension on anchors or ends
6. Apply anchor with skin in neutral posture
7. Have muscle/skin stretched when applying tape

Do not use tape if unsure in the case of:
1. Diabetes
2. Kidney Disease
3. Congestive Heart Failure
4. CAD or Bruits in the Carotid Artery
5. Fragile or healing Skin
6. Pregnancy

NEVER
1. Attach tape to nape of hair, armpit, or groin
2. Keep tape applied if irritation occurs
3. Remove tape in the shower.
4. Touch the adhesive before applying it to the skin.

**Systems Affected by Kinesio Tape:**

- Skin: Epidermis, Dermis, Fascia
- Circulatory Systems
- Lymphatic Systems
- Proprioception (Neurology)
- Muscle/Joint

**Jellyfish Cut:**

Ultra low stimulation. Gently lifts epidermis to relieve nerve pain, reduce swelling, and encourage healing.

**Web Cut:**

Very Low Level of Stimulus. Tension is dispersed through and between slits over target tissue.

**Donut Hole:**

Low Level of Stimulus for space correction and skin irregularities. Tension is dispersed through the therapeutic zone into the tails, avoiding contact with the most sensitive tissue.

**Fan Cut:**

Very Low Level of Stimulus. Best for swelling and bruising.

**X Cut:**

Moderate level of stimulus. Tension is focused directly over target tissue and dispersed through the tails.

**Y Strip:**

Low Level of Stimulus. Tension is dispersed through and between two tails over target tissue.

**I Strip:**

High level of stimulus. Used for deep muscle, ligament, and joint correction.