

Kinesiology Taping

Kinesiology Taping is an elastic therapeutic tape which is used to provide support and stability to muscles in the treatment of various injuries and disorders.



What is Kinesiology Taping?

Kinesiology Taping is used in the treatment of injured muscles and joints. Its elasticity means that it can be used to either prevent or encourage different movements, without applying substantial pressure which can obstruct circulation. The taping is applied over around the affected muscles in a stretched position, helping to relieve pain and inflammation.

What podiatry related conditions can Kinesiology Taping help with?

Kinesiology Taping can be used in the treatment of various podiatry related conditions including:

- Achilles tendinopathy
- Shin splints
- Ankle sprain
- Pain associated with flat feet
- Hallux valgus (bunion) pain
- Plantar fasciitis

How does Kinesiology Taping work?

Kinesiology Taping works by raising the upper layers of the skin on areas to which it is applied. This technique then creates a space between the muscle and the skin allowing blood and fluids from the lymphatic system to flow more freely. This allows for a reduction in swelling and inflammation and also assists the body's natural healing process as greater circulation to the area means an increased rate of healing. The method of taping can also help to relieve pain as pressure is reduced over previously compressed nerves which can be the cause of pain and irritation at the site.



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KINESIOLOGY TAPE APPLICATION GUIDE

Plantar Fasciitis Relief

Needs: 2 Strips + Scissors



1. With 0% stretch, apply anchor to just behind toes. With foot flexed, apply 25% stretch.



2. Apply anchor with 0% stretch around base of heel and up achilles.



3. Cut second strip in half and round edges. Apply anchor with 0% stretch to outer edge of bottom of foot.



4. With 25% stretch, pull tape into arch and apply anchor on top of foot. Rub to activate adhesive.



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Achilles Tendonitis Relief

Needs: 2 Strips + Scissors



1. With 0% stretch, apply anchor to base of heel. With foot flexed, apply 25% stretch up the achilles.



2. Apply anchor with 0% stretch on lower portion of calf.



3. Cut second strip in half and round edges. Tear paper at center. With 25% stretch, apply middle of tape over achilles tendon pain.



4. Anchor ends of tape with 0% stretch. Rub to activate adhesive.