



## Kinesio Taping – Not Just for Athletes

Perhaps you remember a professional athlete with their shoulders or legs taped with bright blue and black tape. That tape is Kinesio Tape and it is one of the newest and most effective options available at Excel Sports Medicine you don't have to be an athlete to experience its benefits.

The Kinesio Tape is applied over muscles to reduce pain and inflammation, relax overused tired muscles, and to support muscles in movement on a 24hr/day basis. Excel Physical Therapist Sue Creager explains how it's used. "The tape is applied in such a manner as to provide added support for the contraction of a particular muscle group."

It is non-restrictive type of taping which allows for full range of motion. "The tape mimics the action of the skin and muscles and is based on the body's own healing process" Creager explained. "Neck patients find that taping helped reduce their pain. People with rounded shoulders need only two eight inch strips to help improve their posture. It is not stiff and restrictive like conventional sports tape and the majority of people find it comfortable on their skin."

Kinesio Taping applications are truly "Head-to-Toe" and can treat anything from headaches, foot problems, and everything in between. Examples include:

- ☆ Muscular facilitation
- ☆ Carpal tunnel syndrome
- ☆ Lower back strain/pain (e.g. subluxations, herniated disc)
- ☆ Knee conditions
- ☆ Shoulder conditions
- ☆ Hamstring injuries
- ☆ Groin injuries
- ☆ Rotator cuff injuries
- ☆ Whiplash
- ☆ Tennis elbow
- ☆ Plantar fasciitis
- ☆ Patella tracking
- ☆ Pre and post surgical edema
- ☆ Muscular and spinal injuries from auto-related accidents
- ☆ Support method for vascular systems



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#### Groin stretch:

- ☆ Sit upright on the ice.
- ☆ Bend the knees and bring the heels and soles of the feet together. Pull them toward the buttocks.
- ☆ Place elbows on the inside of both upper legs.
- ☆ Exhale and slowly push the legs to the floor.
- ☆ Hold for 15 to 30 seconds, relax and repeat.

#### Spinal twist stretch:

- ☆ Sit upright on the ice with hands behind extended hips and legs.
- ☆ Bend the left leg, cross the left foot over the right leg and slide the heel toward the buttocks.
- ☆ Reach over and place the right elbow on the outside of the left knee.
- ☆ Exhale. Look over the left shoulder while turning the trunk and pushing the knee back with the right elbow.
- ☆ Hold the stretch for 15 to 30 seconds and repeat on the other side.

#### Modified hurdler stretch:

- ☆ Sit upright on the ice with both legs straight.
- ☆ Bend the right knee and slide the heel toward your buttocks.
- ☆ Lower the outside of the thigh and calf onto the floor.
- ☆ Place the right heel against the inside of the left thigh to form a 90-degree angle between the extended left leg and bent right leg.
- ☆ Exhale, bend at the waist, keeping the left leg straight, and lower your hands and torso onto the left leg.
- ☆ Hold the stretch for 15 to 30 seconds and repeat on the other side.

#### Lateral trunk stretch:

- ☆ While skating, with your feet shoulder width apart, hold the stick with both hands and put it above your head.
- ☆ Slowly, tilt the trunk to the right, hold for 15 to 30 seconds.
- ☆ Repeat the stretch for the opposite side.

#### Rotational trunk stretch:

- ☆ While skating, with feet shoulder width apart, put the stick behind your back, holding it with both elbows in the bent position.
- ☆ Rotate the trunk to the right for 15 to 30 seconds.
- ☆ Repeat on the opposite side.

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**Ultimate Performance: Athlete by nature...Champion by choice!**



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