

KINESIO TAPING

# KI NE SIO TA PING



ORTHOPÄDISCHE &  
UNFALLCHIRURGISCHE PRAXIS  
BARTSCH & TAHERI

# WHAT IS KINESIO TAPING?

The term Kinesio Tape is short for “Kinesiology Tape”. Its application, taping, goes back to Kenzo Kase, a Japanese chiropractor who treated aching joints and muscles with stretchable bandages in the early 1970s.

The decompression of the skin and the associated shifting of the different tissue layers leads to an improvement of the blood circulation and a relief of the affected muscle regions. Especially the change in tension of the musculature, the reduction of pain through neuro-sensory input as well as improvement of the lymphatic drainage can be achieved through the application. Through the correct application, pain management and decongestant measures after accidents (jump or knee joint twisting, acute swellings) can also be achieved through stability. The myofascial release relieves the symptoms without having to immobilise the affected joint completely.



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# WHEN TO USE KINESIO TAPE?

**The various effects of Kinesio Taping can be used to treat the following conditions in particular:**

- Muscle injuries (pain, strains, overuse, fibre tears)
- Joint injuries (pain, overuse, inflammation, swelling, instability)
- Ligament injury (pain, overuse, inflammation, torn ligaments)
- Water retention (edema)



MUSCLES



JOINTS & LIGAMENTS



EDEMA

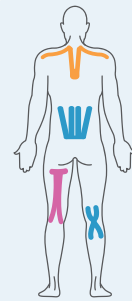
# HOW DOES THE TREATMENT WORK?

According to our philosophy, the pre-stretching of the musculature in terms of the muscle chain plays a decisive role for the effectiveness of the tape application. Through the previously performed myofascial release in fascia distortion technique, the usually shortened musculature and/or capsule is relieved and thus prepared. Holding and decompression tapes play a decisive role in the various application techniques. After preparing the skin (it should be dry, preferably free of grease and cream), the Kinesio Tape strips are applied directly to the skin in different shapes and tensions depending on the clinical picture. Depending on the skin type, they can then remain on the skin for about 8–10 days and develop their effect. They are often immediately felt to be pleasant, although the actual effect only becomes apparent as the treatment progresses. Showering can be done normally, although a little caution is advised when drying off. Apart from rare skin reactions, no side effects are known with this therapy.

*“Decompression of the skin improves blood circulation and relieves the affected muscle regions.”*

# WHO PAYS THE COSTS?

Kinesio Taping belongs to the individual health services (IGEL). The treatment is mostly carried out as a self-pay service. Meanwhile, some health insurance companies subsidise this service with a fixed amount per calendar year.



KINESIO TAPING  
**BREATHABLE, SKIN-FRIENDLY,  
HIGHLY ELASTIC & EFFECTIVE**

REDUCES  
DISCOMFORT,  
IMPROVES THE  
HEALING PROCESS  
AND POSTURE.

**ORTHOPÄDISCHE &  
UNFALLCHIRURGISCHE PRAXIS**

**DR. MED. MARTIN BARTSCH &  
DR. MED. POURIA TAHERI**

Markgrafenstraße 20  
10969 Berlin

FON (030) 251 07 77  
FAX (030) 251 10 49  
MAIL [info@orthopaedie-berlin-kreuzberg.de](mailto:info@orthopaedie-berlin-kreuzberg.de)

