



1. Where did the name *Kinesio* come from?

The name was inspired by the science of Kinesiology, because proper muscle function is the key to total health and well being.

2. What does Kinesio Taping and Kinesio Tex Tape do?

The Kinesio Taping Method is applied over muscles to reduce pain and inflammation, relax overused or tired muscles, and support muscles in movement on a 24-hour-a-day basis. It is not a restrictive type of taping and allows for full range of motion. In contrast, traditional sports taping is wrapped around a joint strictly for stabilization and support during an athletic event. Kinesio Tape is used to treat anything from headaches to foot problems and everything in-between. Examples include rehabilitation from sports injuries, carpal tunnel syndrome, lower back strain/pain (subluxation, herniated disc), knee and shoulder conditions, and many more.

3. What benefits distinguish Kinesio Tex Tape from other tapes?

100% High Grade Cotton - for comfort and air-permeability

140% Elastic - same flexibility as human skin and muscles

Heat Activated Adhesive - very light, mild, and hypo-allergenic

Latex Free

Unique design - air permeable, microscopically lifts skin, channels away moisture

Durable - average usage allows 3-4 days per application

More Economical - usually 8-10 applications per roll of tape

4. Is it the tape or the technique that gives such great results?

Without a doubt, the technique is the most unique; however, the full benefits were not possible until Kinesio Tex Tape was developed. The taping method requires a tape that is patient and skin-friendly, possesses optimum elastic qualities, is the same thickness as the skin, and is durable enough to stay on for multiple days, even through sweating and showers.

5. How is the tape applied?

Without getting too technical, the tape is applied over the affected area with the muscles in a stretched position. Then the tape is applied from one end of the muscle to the other with very little to no stretch on the tape. The tape is applied from the ORIGIN to INSERTION of the muscle for SUPPORT and from INSERTION to ORIGIN for REHAB.

6. What are some suggestions for optimum taping results?

- Skin should be dry and free of oil, sweat, and lotion prior to application.
- After application, rub down tape to activate heat-sensitive glue.
- Avoid extreme stretching of the tape during application to avoid skin irritation.
- Apply approximately 1 hour prior to activity or shower to allow glue to adhere properly.
- Skin irritation is extremely rare, but care should be taken with hypersensitive skin patients.

7. What is the difference between the colors?

There is no physical or chemical difference between the colors. The colors were developed to be compatible with color therapy. Color choice is a matter of individual preference. The colors can provide field advertising at athletic events, a conversational opener, and instant product recognition.