

KINESIO TAPE IN NEUROLOGIC POPULATION

what is K-tape?

- Elastic tape used to support and facilitate healing.
- Made of cotton/elastic or poly/cotton fibers.
- Allows for flexible movement.

how does it work?

- Corrects muscle function
- Improves blood and lymph circulation
- Decreases pain
- Supports joints
- Enhances proprioception (body awareness)
- Affects skin, fascia, muscles, and CNS.

documentation

- Tape cut, # of boxes, Muscle group, Technique, Tension, Purpose
- Follow up: Removal, No adverse response, Impact of K-tape

neurologic applications

- Muscle weakness/paralysis
- Muscle hypertonicity/spasticity
- Pain
- Sensory/proprioceptive deficits
- Posture correction
- Edema (UE/LE)

precautions & contraindications

- Precautions: Diabetes, CHF, Kidney Disease, Organ transplants, Pregnancy, Cancer, Cognitive/communicative deficits, Individuals on anticoagulants, Presence of CRPS/sensory changes, Frail skin
- Contraindications: Malignancy, Infection/cellulitis, Open wound, DVT, Previous allergic reaction

specific examples

Facial Taping



Shoulder Sublux



Dorsiflexors Facilitation



Pectoralis Inhibition




Edema Management



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application techniques

TAPE CUT	 I strip Y strip X strip Fan strip
TENSION	<ul style="list-style-type: none"> • Paper-off 0-10%(superficial fascia) • Light 10-25% (muscle) • Moderate 25-50% (deep fascia) • Severe 75% (tendon) • Full 100% (ligament)
TECHNIQUE USED	<ul style="list-style-type: none"> • Inhibition (15% - 25%) From insertion to origin of muscle • Facilitation (15% - 35%) From origin to insertion • Circulatory/Edema management (paper off tension) • Supportive/Postural correction (50-70%)

layering interventions with K-tape

