Kinesio Taping® for Athletic Trainers

Techniques for the Upper Extremity and Practitioner Education

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Objectives

- To discuss Kinesio Tape’s® history and unique qualities
- To highlight Kinesio Tape’s® emphasis on research and education
- To demonstrate a basic and an advanced shoulder taping technique
- To share opportunities available for athletic trainers to learn as well as teach the Kinesio Taping ® method
Origins

- Developed in 1979 by Dr. Kenzo Kase
- Dr. Kase is a Chiropractor from Japan, American-trained
- Kinesio Tape® was invented in Japan and found a home in the U.S.
- Kineso® is now based out of Albuquerque, NM
Dr. Kenzo Kase
Why?

* Designed as an adjunct therapy

* Dr. Kase’s intention was for the tape to continue what was done manually in the treatment room

* Stimulus is much less intense than that of manual therapy, but is continuous (24 hours/day for 3-5 days)
Dr. Kase’s first taping clients were the elderly, and some of the first applications were for arthritis. He found that after the manual treatment patients would do well for a few days then decline, and he wanted something that would act as a continuation of what he did with his hands. After experimenting with conventional forms of taping, Dr. Kase decided to design a better, more elastic form of tape.
Tape composition

Fibers are elastic and 100% cotton. Adhesive is *latex-free*.
Kinesio® is not the only elastic therapeutic tape, but it is the original. Many other tapes came to market, especially after the 2008 Olympics. In that year Kinesio Tape® donated over 50,000 rolls of tape to Olympic teams from 58 countries. Though it had been around for 30 years, the ’08 Summer Olympics became Kinesio’s® breakout moment.¹
2008 Summer Olympics
* Now, Kinesio® is used by all types of athletes throughout the world
So many tapes out there, so what is the DIFFERENCE?
Unique Qualities

* Kinesio Tape’s® weight and thickness was designed to simulate skin.¹

* The tape’s wave patterns were designed to simulate the patterns of the mechanoreceptors in the dermis.¹

* The tape stretches longitudinally only (elastic threads run vertically, cotton threads run horizontally).¹
Unique Qualities

- Tape is applied with a zero percent stretch at the anchor.²

- The anchor is generally the first part of the tape to be applied to the skin.²
Unique Qualities

Heat Activated Adhesive

Rub after applying

No Extra Heat (no hot tubs, heating pads, blow dryers)
Kinesio Tape® was designed to be used with specific tension lengths.

- **Tension length** is stretch, and the tape can be applied with zero up to 100% stretch, depending on what tissues are being targeted.
Tension Lengths

* 0% tension is used for:
  * Anchors
  * Ends
  * Some Epidermis/Dermis/Fascia (EDF™) techniques (0-5% tension)³
Different tension lengths can affect different types of tissues, and are also determined by therapeutic goals.

Examples of tension lengths include:
Muscle Inhibition (15-25% tension)

Muscle Facilitation (15-35% tension)

Fascia Correction (10-20% tension)

Tendon Correction (50-75% tension)

Ligament Correction (75-100% tension)
Unique Qualities

* When applied to the skin with stretch, the recoil provides lift in the superficial tissues.

* This creates space in the tissues, which promotes improved local circulation of lymph and blood.

* Sometimes this lift produces visible *convolutions*, or folds.²
Unique Qualities: Convolutions
Unique Qualities

Elastic fibers

- Support
- ROM
- Space
Many other tapes have similar qualities. However.....

* With Kinesio Tape®, the method of application grew right alongside the tape itself.
The Method

TAPE

APPLICATION METHOD

The Method
Common applications include...
Applications: INJURIES

- Acute
- Injury Management
- Remodeling
- Sub-Acute
Acute Phase Injuries
Kinesio Tape® can assist with managing spasm and edema, as well as encourage healthy muscle fiber alignment.
Remodeling Fascia

- Applications exist for superficial and deep Fascia
  “Ram’s Head” fascial application
Scar Tissue Applications

* Kinesio Tape® can also be used to treat scar tissue
And other tapes??

* Did not come around until decades after Kinesio® was already being widely used in clinics and training rooms throughout the world
* Targeted the consumer directly, especially after Kinesio’s® popularity and demand became obvious
* Education/methods of application came as an after thought
* Research is virtually non-existent
Kinesio® has several years worth of research on its website

https://www.kinesiotaping.com/research/published-research
1998 study by Dr. Kase and Dr. Hashimoto examined changes in peripheral blood volume.

Subjects with ‘physical disorders’, such as injuries, were taped.\(^4\)

Healthy subjects were also taped.\(^4\)
Within minutes increases in peripheral blood flow were measured (using the Doppler method) in the subjects with physical disorders.\textsuperscript{4}

Increases were from 20% to as much as 60%.\textsuperscript{4}

Healthy subjects showed no significant change in blood flow.\textsuperscript{4}
A 2008 case study by St. Thomas’ Hospital in London, England explored the effects of Kinesio Tape® on postsurgical scar tissue. A patient with a hand laceration was treated for a full year using ‘conservative’ scar treatment methods. Treatment methods included silicone sheeting and soft-tissue massage. After one year no further surgical intervention was performed, and no steroid injections were given.
At 12 months Kinesio Taping® was introduced.⁵
After 1 month of taping there was a 50% reduction in fibrous area in the dermis as well as its hypertrophic appearance.⁵
After 2 months of taping there was a reduction of the fibrous area by 75%, and the generalized edema and hypertrophy were gone.⁵
After 3 months of taping all fibrous tissue had been absorbed and full range of motion was restored.⁵
* Included in your hand-outs is a bibliography of selected research.

* Kinesio® has published its first “research yearbook”, highlighting studies that have been done in 2014.

* This is available for purchase
In 2010 Kinesio® Precuts were released

Precut applications are designed for use by the general public. They are individually-packaged, area-specific, and come with instructions so that anyone can apply them.

Precut applications were created for the foot, wrist, lower back, neck, shoulder and knee.
Applications
Applications

- Precut applications are used with 10-15% tension.¹

- This is known as “paper-off tension”.¹

- Precuts should NOT be used for acute phase injuries.¹

- Follow general contraindications as well.¹
Applications

* Precut applications are NO ASSESSMENT applications.¹

* 10-15% tension is considered a safe range for most users with or without clinical experience.¹
The shoulder precut is one of the 6 precut applications.¹

Like the other precuts, it was designed for general pain management and stability.¹

Helps retract shoulder via tape recoil.¹
Shoulder Precut

Kinesio® Precut Application Guide

Designed to support shoulder muscles and common shoulder injuries such as rotator cuff.

How to apply: SHOULDER

1. Please read full instructions before applying.
   - Assistance is recommended to apply this application.
   - Before applying, make sure skin is clean and dry.
   - Once applied to the skin, rub tape to activate adhesive.
   - It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.

   Take one blue Y tape strip. If required, use the guide on the tape backing to cut the strip to the correct length. Using the tear line, remove small section of the paper backing from the tape strip and apply the base of the tape strip at the mid-point of the arm.

2. Move your arm in front of you and, without stretching the tape, apply the back tape tail along the back of your shoulder. Once applied in the correct place, it is important to rub both tape tails to activate the adhesive. Move your arm back at a 45° angle and, without stretching the tape, apply the front tape tail along the front of your shoulder. Rub the tape to activate the adhesive.

3. Take the black tape strip, if required, use the guide on the tape backing to cut the tape strip to the correct length. Using the tear line, remove the paper backing and apply the base of the tape strip approximately 3-4” above the shoulder joint. Without stretching the tape, apply the tape strip over the shoulder joint and down the arm ending over the base of the blue Y tape strip. Rub the tape to activate the adhesive.

4. Using the remaining blue tape strip, if required, use the guide on the tape backing to cut the tape strip to the correct length. With assistance, using the tear line, remove the paper backing and apply the base to the shoulder blade. Begin removing the remaining paper backing and apply the tape strip over the shoulder joint without stretching the tape. Rub the tape to activate the adhesive.

More information about Kinesio® precut tape and application videos are available online: www.kinesioprecut.com
Shoulder Precut: DEMO
The Epiderms/Dermis/Fascia (EDF™) technique is the newest and most innovative use of the tape to date.³

The Kinesio Tape® is cut thinly, using varied and diverse patterns, and applied with 0-10% tension.³
EDF™ “Jellyfish” DEMO
May stimulate cell production in the epidermal layer via stem cells.³

Gently unwinds fascia and promotes hydration to compressed/injured tissues.³

Often used for acute-phase injuries and in cases where other cuts and tensions over stimulate.³

Commonly used for neurological conditions such as cerebral palsy.³
Adequate education is critical to using the tape effectively and safely.
The practitioner’s education (your background) is critical.
Your experience and knowledge gives the taping applications quality.
Education in the tape itself as well as the method is critical.
The Certified Kinesio Taping Practitioner® (CKTP) certification has been around since the mid-1980s. Three day-long intensives are composed of KT1, KT2, and KT3. These seminars are open to medical professionals such as chiropractors, physical therapists, occupational therapists, physicians, athletic trainers, acupuncturists and massage therapists.
The CKTP® seminars provide a comprehensive education in the Kinesio® method, including:

- All of the different ways to cut the tape
- Muscle applications and SIX corrective techniques
- Screenings/Evaluations
- Tape handling techniques, precautions/contraindications
The CKTP® seminars provide the foundations for more advanced approaches and techniques. Advanced (KT4) seminar topics include:

* Neurological
* Lymphatic
* Pediatric
* Hand
* Sports/Orthopedic
* And....horses (Kinesio® Equine)
Practitioner seminars are offered all throughout the country.

Beginning in June of 2015, practitioner seminars will be offered regularly in Albuquerque, New Mexico by Dr. Christina Lujan, DC.
What are the benefits of becoming a Certified Kinesio Taping Practitioner®?

- Training in the official Kinesio Taping® method
- Membership to Kinesio Taping® International
- Listing in the Kinesio® practitioner database
- Teach Kinesio® in your community
Practitioner Opportunities: Teach Kinesio®

Certified Kinesio Taping Technician® (CKTT)

* The program is a two-part certification.
* Level 1 is two-hours and is designed for ANYONE.
* Level 2 is four-hours and is designed for those who have some health/fitness experience.
* Level 1 is a prerequisite for everyone, regardless of experience.
CKTT® Level 1

* Two-hours long

* Discusses the basics of tape handling, history and the tape’s unique qualities.

* Created to work in conjunction with the Kinesio® precuts

* Meant for the general public=No experience necessary
CKTT® Level 2

* Four-hours long

* Covers **ten clinical applications**, including shin splints, groin and hamstring strain, and basic lymph drainage.

* Must have some background in health or fitness: personal trainer, physical therapist assistants, etc.

* Medical background does not need to be as extensive as practitioner-level seminars.
What does this mean for you?

- As a CKTP® you can teach these workshops
- Teach as few or as many as you want
- Bring the Kinesio® method to your team and community
- Earn extra income or use the CKTT® Level 1 course as a unique fundraising tool.
CKTT® Workshop as a Fundraiser

* Pilot fundraising class for Youth Running 505 was a huge success

* 20 students attended (the maximum allowed)

* Health/medical professionals and non-professionals alike were able to attend

* People loved supporting this youth organization and learn some Kinesio® basics at the same time.
Youth Running 505 fundraiser

K Tape Workshop Fundraiser

Thank You Taping Workshops Ltd

Thank you Cantina Crossfit

this is what

it's all about
Educational Opportunities

CKTP+®
- Full Certification
- CKTP® Benefits/Official Listing + Teach CKTT® Workshops

CKTP®
- Full Certification
- CKTP® Benefits/Official listing

CKTT®
- Basic Certification
- Foundational knowledge of the taping method
Kinesio® is the method as much as the tape itself

Research is an ongoing priority for Kinesio Tape®

Educational opportunities are available to you

As a CKTP+® you can teach Kinesio® workshops in your community as team fundraisers
Increase your value. Get certified!

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<th>THE 4 STEPS TO SUCCESS</th>
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<tr>
<td>SEMINARS</td>
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<tr>
<td>• Hands on Learning</td>
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<td>• Learn techniques you can implement in your practice on Monday morning</td>
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<td>• CEUs*</td>
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<td>CKTP EXAM</td>
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<td>• Online (fits into even the busiest of schedules)</td>
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<td>• 100 multiple choice questions</td>
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<td>MEMBERSHIP</td>
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<td>• Variety of levels available</td>
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<td>• Listing on KTAI website for referrals**</td>
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<td>• Event support**</td>
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<tr>
<td>• Opportunity to teach approved Kinesio Taping workshops/presentations**</td>
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<tr>
<td>CERTIFIED KINESIO TAPING PRACTITIONER CKTP</td>
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<tr>
<td>• Globally recognized certification</td>
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<td>• Additional modality to add to your toolbox and treatment protocols</td>
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*KTAI Approved courses are nationally approved by AOTA, BOC and NCTMB. For state PT and DC CEU’s, check with the seminar provider prior to registration. **Benefits vary by membership level. ***Please verify which billing codes are applicable in your region before submitting a claim. Kinesio does not make any claims, expressed or implied, of their fitness for a particular purpose, or for their accuracy, completeness, or usefulness of any information disclosed.
1. Kinesio Taping Association International