

Specialty

Taping Techniques

Body Fit Physical Therapy can provide the following forms of taping for a multitude of injuries by our physical therapist and occupational therapist.

Types of Taping

- Kinesiology Taping
- Mulligan Taping
- McConnell Taping
- Athletic Taping

Kinesiology Taping

100% elastic and cotton fibers; latex free; adhesive and heat activated; tape may last 2-3 days and in some cases up to a week.

Conditions Treated with Kinesiology Taping

- Muscle imbalance
- Postural Insufficiency
- Circulatory and Lymphatic Conditions
- Ligament, Tendon, and joint injuries
- Fascial Adhesions
- Pathological Movement Patterns
- Neurological Conditions

Application Techniques vary based on Goals of Taping, such as:

- Decreased edema/increased circulation
- Assist in coordination
- Facilitates muscle
- Support and stability w/o restriction of movement
- Relieve pressure
- Mimic property of skin

Types of Tape:

- Kinesio TeX Tape
- SpiderTech Tape
- KT Tape
- Rock Tape
- Mummy Tape

- Theraband Tape

Effects of Kinesiology Taping

- Lifts fascia and soft tissue above area of pain/inflammation
- Provides sensory stimulation to assist or limit motion
- Provides position stimuli through the skin
- Creates temperature changes

Athletic Taping:

- More rigid tape with less elasticity
- Used to limit or assist motion for fracture injuries or injury prevention
- Compressive force application
- Limited in wear time
- Can have latex
- Primarily used for restricting movement

McConnell Taping Technique:

- Limits pathological movement
- Can be used with cotton mesh tape and rigid Leukotape
- Limited wear time and poor adhesion when wet
- Typical use seen with Patellofemoral Dysfunction

Mulligan Taping Technique:

Applied after a manual therapy technique (Mulligan mobilization) to reinforce and extend therapeutic effect of the gains made through use of the Mulligan mobilization.

Rigid tape used, similar to athletic tape, and can have limited use for only 2-3 days. Care needs to be taken to watch for tissue breakdown upon use and remove slowly while holding skin down.

For more information, [Contact us](#) today.