



Kinesiology Taping The Essential Step-By-Step Guide: Taping for Sports, Fitness and Daily Life - 160 Conditions and Ailments

By John Langendoen, Karin Sertel

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Taping can be effective and simple -- all with a 2-inch wide piece of self-adhesive cotton tape. 70 proven tape applications for 160 conditions.

Athletes are wearing brightly colored tapes at sporting events like the London Olympics, Wimbledon, gymnastics meets or even out jogging.

The reason they're taping is because it's an effective way to treat a myriad of conditions like muscle pain, bruising, sore muscles, bad posture, swelling, strains, sprains, support during training, arthritic conditions, menstrual complaints, headaches and even sinusitis.

Tapes, both elastic and non-elastic, are applied directly to the skin. The most important effect of the tape is pain relief and the second is increased mobility. That relationship between pain and movement is critical. A perceived decrease in pain enables more movement, which is essential to recovery and rehabilitation.

How to tape oneself, friends or loved ones safely and effectively is explained in easy-to-understand directions and step-by-step photos showing how taping works, where and when it can be applied, and what to do during a practice session.

There are 70 proven tape applications for more than 160 ailments, conditions and related body parts that are explained in easy-to-follow detail through directions and step-by-step color photos. Self-treatment, regeneration and prevention for almost any complaint is just a roll of tape away.

Handy charts, graphs and listings make it simple to find the taping technique best suited to a personal concern.

Taping allows the body to rest and heal naturally, reduces inflammation, increases circulation and allows appropriate movements. These effective

techniques have been used by millions of people worldwide to take advantage of taping's many benefits.

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Editorial Review

Review

This book focuses on the use of taping as a treatment for reducing pain, muscle tension, sprains, strains and many more injuries. It provides information on how you yourself can apply tape on your body for sports, exercise and daily activities. Some examples are support upright position, bruised ribs, pain in muscle movement, carpal tunnel syndrome, sore back, help with breathing, promote better healing of scars, headaches and menstrual cramps. Provided in the book are step-by-step diagrams, written instructions and width/amount of tape required for each condition. As well, there is a full body diagram of the individual muscles in the human body at the beginning of the book. This book contains considerable information for relieving pain and tension during exercise, sports and daily life. (Glenn Perrett *Northumberland News* 2014-10-09)

About the Author

John Langendoen has a MSc in pain management and a bachelor degree in physiotherapy. He's an active proponent of self-taping and over the last 5 years he has been conducting international seminars, presentations and workshops on the subject throughout the world including North America. His experience also includes presentations at international conferences as well as being a member of the medical staff for the Korean National Football Team at FIFA World Cups.

Karin Sertel is a physical therapist and experienced Hand, Manual (Maitland Concept) and Cranio-Sacral Therapist for both children and adults. For over 30 years, she's been a huge advocate for self-therapy in her hand patients and self-taping has become a major component of her hand rehabilitation approach.

Users Review

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Scott Roche:

Do you have favorite book? Should you have, what is your favorite's book? Guide is very important thing for us to find out everything in the world. Each publication has different aim as well as goal; it means that book has different type. Some people truly feel enjoy to spend their time to read a book. They are really reading whatever they get because their hobby is actually reading a book. How about the person who don't like looking at a book? Sometime, person feel need book after they found difficult problem or maybe exercise. Well, probably you should have this Kinesiology Taping The Essential Step-By-Step Guide: Taping for Sports, Fitness and Daily Life - 160 Conditions and Ailments.

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Odelia Dennis:

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