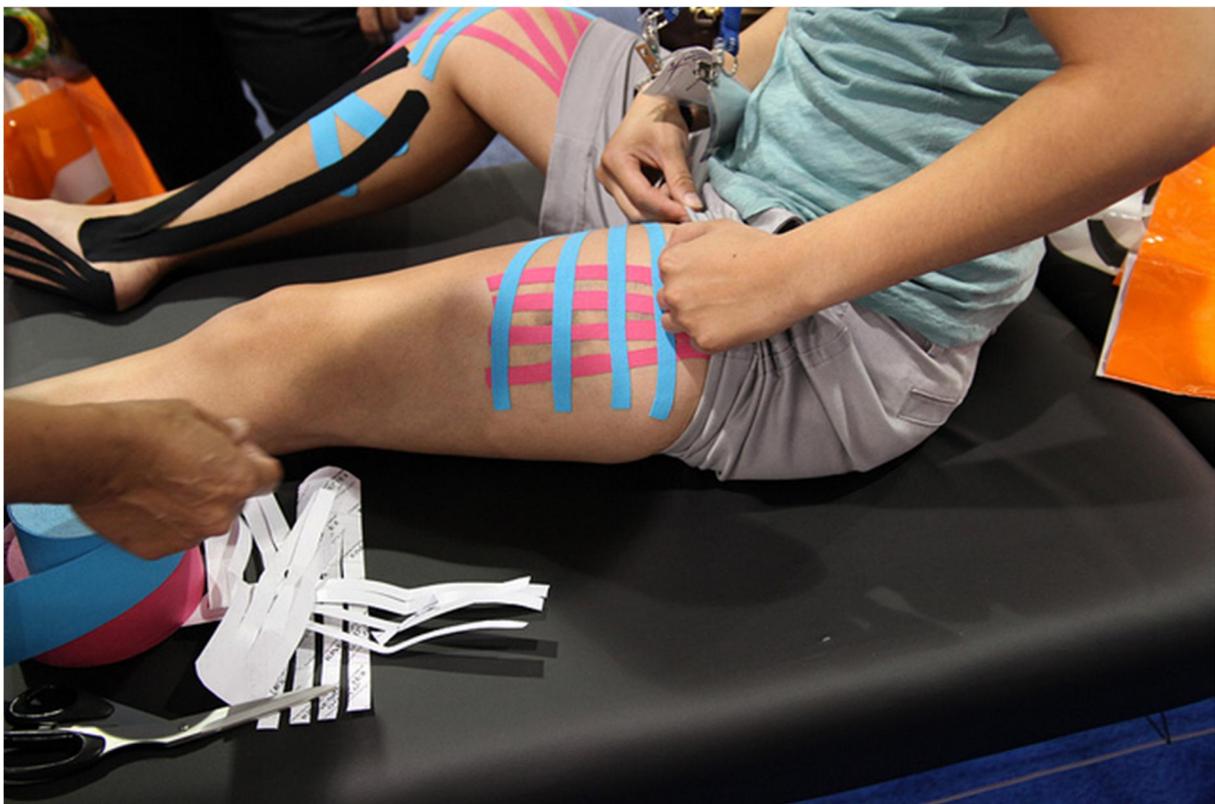


## Simple Kinesio Taping Applications

The Kinesio Taping Method is an easy-to-learn, effective modality that can be used by many. However, Kinesio® always recommends that you consult a CKTP (Certified Kinesio Taping Practitioner) before applying the tape for the first time. In this section, you will find a few of our suggested applications for several conditions. These applications can all be found in our Kinesio Taping manuals along with numerous other applications and conditions.



## Neck Application



1. Place the base of a “Y” strip at the upper part of the neck



2. Without adding stretch, extend tails to each side of spine while tilting the neck forward.



3. Tear paper backing in the middle of the “I” strip. While holding the ends, lightly stretch the middle and place over the strained area. Apply ends with no added stretch.

## Back Application



1. Bend to forward to stretch back muscles. Apply each “I” strip lightly above the tailbone and extend up along each side of the spine, adding very little stretch



2. Tear paper backing at middle of “I” strip. Still bent forward, add light to moderate stretch and place the center of the tape over strained area.



3. Lay down ends with no added stretch.

## Shoulder Application



1. Place base of “Y” strip at midpoint of upper arm. Extend both sides of the tape to wrap around the shoulder muscle with no added stretch.



2. Place base of “I” strip over top of shoulder. Hold arm at 90° and apply tape on shoulder and down arm, with no stretch.



3. While arm is at 90° rub tape to activate glue.

## Carpel Tunnel Syndrome



1. Extend arm with palm up. Place base of “X” strip on inside of wrist. Extend one tail toward base of thumb and the other toward base of little finger. Extend wrist adding light to moderate stretch to all but last 1-2 inches.



2. Extend opposite tails towards inner & outer sides of elbow joint, adding light to moderate stretch to all but last 1-2 inches.



3. Wrap “I” strip around the wrist, adding light stretch to tape over back of wrist and no stretch to tape over inside of wrist.

## Knee Application



1. Sit down with leg extended. Place the base of first “Y” tape at the front of the thigh.



2. Bend the knee to 90° and wrap tails around the kneecap with very little or no stretch.



3. Place base of second “Y” strip slightly below the knee, and wrap tails around the kneecap with very little or no stretch.