

## ATHLETIC TAPING, MORE THAN MEETS THE EYE

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Athletic taping is used in most sporting activities and on almost every type of athlete. You, or one of your teammates, have almost certainly required athletic taping for an injury or injury prevention. In general, taping is used by athletic trainers and physical therapists for alignment or stability issues, often involving ankles, knees or shoulders. The problem with traditional athletic taping is that it is bulky and rigid which can inhibit full range of motion. Which leads to the question: Ever heard of Kinesiotape?

Kinesiotape is a more flexible, elastic 'athletic' tape that is applied directly to the skin, without requiring an under-layer of tape. It was designed in Japan and first discovered on Japanese volleyball players during the Olympics. Kinesiotape can be used not only to prevent or support injuries, but also to facilitate or inhibit accurate muscle activation. The tape is approximately the weight of your skin and is more comfortable to wear than traditional athletic tape. Additionally, due to Kinesiotape's elastic nature, it can be used at varying intensities based on how much stretch is taken out of the tape.

Examples of the versatility of Kinesiotape include: postural correction for rotator cuff tendonitis, patella taping for neutral alignment, and abdominal taping for increased core stability, calf muscle inhibition for Achilles tendonitis or plantar fasciitis.

If you are taped regularly, and want less of a "tight" or rigid feel, let us wrap you! Call a Southeastern Physical Therapy office to set up a free appointment to be "Kinesiotaped." Then test your running, cutting, jumping with the same great support, but more flexibility to move for your sport.