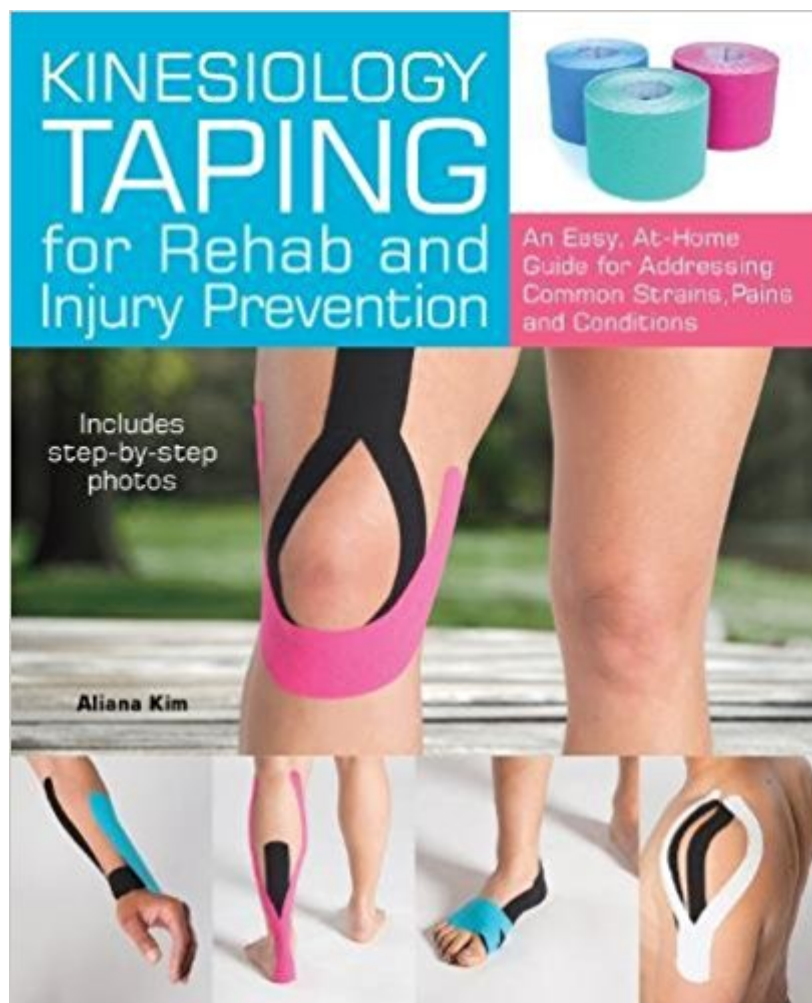




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# Kinesiology Taping For Rehab And Injury Prevention: An Easy, At-Home Guide For Overcoming Common Strains, Pains And Conditions



## Synopsis

THE ULTIMATE DIY TAPING GUIDE OF EVERYDAY INJURIES AND AILMENTS INCLUDES OVER 200 STEP-BY-STEP PHOTOS Widely used by physical therapists, chiropractors and personal trainers, kinesiology tape provides incredible support while simultaneously stretching so your body can perform its normal range of motion. Now you can utilize this amazing material at home. Simply buy a roll at your local drugstore and follow the taping methods described in this book to reduce pain, rehab an injury and get back in the game. Providing clear step-by-step instructions and helpful photos, the author shows how to tape the most common injuries and conditions anywhere on the body: Neck pain Frozen shoulder Bicep strain Tennis elbow Wrist sprain Tight IT band ACL/MCL sprains Achilles tendinitis Ankle sprain Plantar fasciitis

## Book Information

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## Customer Reviews

Aliana Kim is a kinesiologist, biologist, licensed massage therapist, registered yoga teacher, CrossFit level 1, and gymnastics trainer. She attended school and studied biology at the University of North Carolina. She then attended the University of Nevada - Las Vegas and studied upper division Kinesiology. Aliana works mainly in physical rehabilitation using her degrees and many modalities she has learned over the years. On her spare time she enjoys kayaking with her husband, camping, reading, crafting, exercising, and spending time with her two dogs Marley and Tanner.

This is an amazing book for those interested in beginning kinesiology taping and / or the benefits that it can provide. Before giving any specifics about taping, or mentioning tape at all, the author does a great job laying out the basics of movement, muscles, and anatomy. While this is not the focus of the book, these introductory sections are well-written and very helpful to anyone who is not an expert. Kim takes the same care and effort when getting to the taping itself, and helpfully lays out the general uses, benefits, and best buying practices of the tape itself. I love how she tells the reader how to use the tape before giving any 'recipes' on how to use it. This does not mean the specific taping practices are sub-par in any way. The taping sections are divided based upon body area (head, foot, etc.) and are clearly laid out, and the instructions are accompanied by detailed and helpful pictures. After trying some of the tapes out, especially in the lower back area, I was feeling better, and generally had less fatigue in those areas. Recommended for those looking to get into taping, but who don't need an exorbitant amount of information.

This is a great how-to book for learning Kinesiology taping. Remember seeing taping on the athletes in the olympics. This book explains what kinesiology taping is and why it is used. Taping can be used on any part of the body for anything from nasal congestion to strains, pains, cramps or injuries. Taping is used as a temporary treatment. This book advises that if taping yourself, be sure to work with a professional rehabilitation therapist first. Taping is meant to enhance the work of your therapist, not to replace actual hand on with your therapist. Basic terms used in the taping process are explained at length. Pictures and illustrations are easy to understand and follow. If experiencing chronic pain such as arthritis, plantar fasciitis, or tendonitis, taping may be a benefit for you. Talk with your therapist or chiropractor.

I have used this book to tape my knee and it helped! I happened to lunge/squat more than I normally do and the taped helped my right knee pain go away. I also taped my left hand thumb joint/thumb and that helped too. I use an ipad at work to type and it was hurting. I also got a blue tooth keyboard and tape myself and what a difference. I found the book easy to follow and easy for me to understand to take myself prn(as needed). I recommend this book whether you work in the medical profession or not. It helped me a lot. I also feel more confident about taping me or other people.

This is great for anyone who gets tendon issues, or muscle issues. This book helps you find the

right ways to tape up an area for support, or to promote healing. I have personally used taping to help with my own tendon issues and it DOES WORK.

So I am of a certain age where injuries occur but I don't want to give up Some of my favorite activities. I jammed my knee while running and was in crazy pain for weeks. Ice and elevation helped but when I tried to go back to even light exercise I felt pain and instability. KT tape was recommended. I watched videos online to help with application but this book is fantastic. I love the pics and helpful hints on how to wrap different areas are injury. This is a great resource. Thank you!

This is a great book to use as a reference for Sports Medicine or even for personal use to reduce pain. The very first thing I noticed was the coverage of the basics. I always see athletes taped up and assumed they were using some designer tape, when in most cases the athletic trainer had just rounded off the edges. Makes perfect sense, in order for the tape to stick better and help with fraying. I never knew there were so many different ways to tape. I normally see a shoulder, wrist or a knee tape, but author Aliana Kim gives us the full range of possibilities. Headaches, TMJ, menstrual cramps, tricep strain, groin pain, sciatica, and even nasal congestion. The steps on how to apply tape are detailed and thorough. If tape needs to be applied in different directions, the tape is shown in different colors so it is clear to the reader. Kim also includes picture examples for every condition listed in the book. Overall, I'm happy with the book. It's filled with resources that I can flip back to when needed and that I can pass along to friends.

Cancer caused fractures in my husband's ribs. This product provides great support for him.

This is the third book I have purchased about kinesiology taping. I love it! Does a great job with illustrations & directions for taping

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