

The Kinesio Craze

Text: Claire Shuttleworth Images: The Kinesio Taping Association and Reg Caldecott

Traditionally, sports injuries have been taped with rigid sports tape. While this is effective in supporting joints and muscles, it limits the available range of motion. Dr Kenzo Kase was dissatisfied with this technique and felt that in many cases the healing process was hindered by the application of this rigid tape. After searching for a sports taping method that would assist in the healing of injured tissue, the Japanese doctor pioneered the Kinesio Taping method in 1973. Used as early as the 1988 Seoul Olympic Games, Kinesio Taping has grown in popularity over the years. Its use in sport exploded onto the world stage during the 2008 Beijing Olympic Games.

Kinesio Taping aims to provide the patient with the support they need while simultaneously aiding the healing process. The tape affects three systems:

1. Skin

- Stimulates the skin thereby relieving pain or abnormal sensation

2. Musculoskeletal system

- Supports the muscle while enhancing the function of the muscle fibres and tendon while maintaining full range of movement
- Improves the alignment of the joint while allowing full range of movement

3. Lymphatic system

- Stimulates the lymphatic system to facilitate lymphatic drainage, thereby reducing swelling

The tape is applied to support the muscle and joint (Figure 1), to inhibit over-activity of muscles (Figure 2), to correct joint biomechanics (Figure 3), or to assist in lymphatic drainage (Figure 4).

Kinesio Tape is made of 100% cotton material and contains no latex. This reduces skin reactions such as redness and itchiness. The tape allows the skin to breathe and can be worn for 3 to 5 days without re-application and can get wet. It can be used to treat a variety of conditions ranging from acute injuries such as ankle sprains to chronic conditions such as osteoarthritis. This makes Kinesio Tape practical for sports people and the general public alike.

Make a statement with one of the variety of vibrant colours or keep it low key with the neutral flesh colour. Available at Andri Smuts Physiotherapy at the hpc – give it a try and feel the difference 🌈

Figure 1



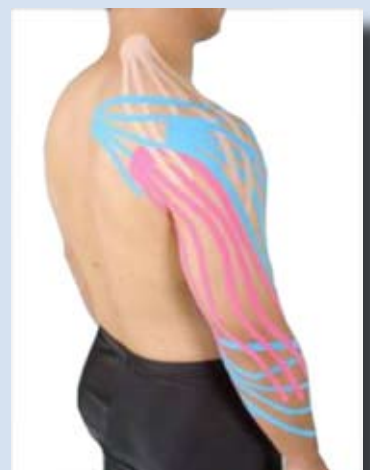
Figure 2



Figure 3



Figure 4





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Physiotherapists

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General sports physiotherapy practice which also offer:

Biomechanical Analysis

- Functional movement analysis to identify :
muscle length- and strength imbalances
movement impairments
areas at risk for injury
- Correction of the above and injury prevention
- Pre-season preparation
- Stretching programmes
- Strengthening programmes
- Identification of incorrect muscle recruitment patterns with correction

Massage

Includes sports, pre-event, recovery, lymph & pregnancy
Massage therapist also available

Individual and group Pilates classes

- Whole body exercise which challenge people on all movement ability
- Improves posture
 - Strengthens stabilisers
 - Improves flexibility
 - Breathing technique
 - Improves circulation
 - Skill-based conditioning
 - Relaxation

Osteopath on site (Monday & Wednesday AM)

Spinal alignment and postural correction

Pre-Season Special !!!

Biomechanical Analysis R350 (Includes evaluation and 2 week exercise programme)