



St Margaret's
Hospice Care

Kinesio Taping



History of taping

Developed by Kenso Kase in 1973, a specialist in rehabilitation and therapeutic medicine.

He developed a tape (Kinesio tex) which mimics skin and muscle activity, promoting movement rather than restricting it.

Possible benefits

- Increase of re-absorption of lymph in underlying tissues
- Reduce or relieve abnormal feelings in skin or muscles
- Useful to use over swelling where it is difficult to apply compression
- Helps to remove lymphatic fluid from congested areas to non-congested areas of the body
- It gently lifts the surface layer of the skin, this encourages lymph and blood to move
- It supports the muscle during movement

Do's & Don'ts

Do's

- Do a patch test 72 hours before using to check safe to use
- Make sure the area is as clean, dry and as hair free as possible
- Apply not less than 20 minutes before exposure to heat or a shower
- Position the body to achieve maximum skin stretch
- Apply the tape with a 'Pull off paper' tension while the skin is under stretch
- When the body is relaxed the tape should wrinkle
- Wear for 3-5 days
- Remove carefully, use Vaseline on top to gently ease the tape off starting at the tail end and working gradually back to the anchored end
- Allow some tape free days for good skin care, apply moisturiser

X Don'ts

- Do not apply if allergic to adhesives

Conditions that are contra-indicated;

- Open wounds
- Deep vein thrombosis
- Infection or injured areas
- Thin /fragile skin
- Cuts or grazes

Conditions when precaution is needed:

- Active cancer
- Congestive cardiac disease
- Thyroid or Kidney disease

- Do not rip the tape off quickly

Notes:

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Please note all incoming and outgoing calls may be recorded for training and quality purposes.

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