

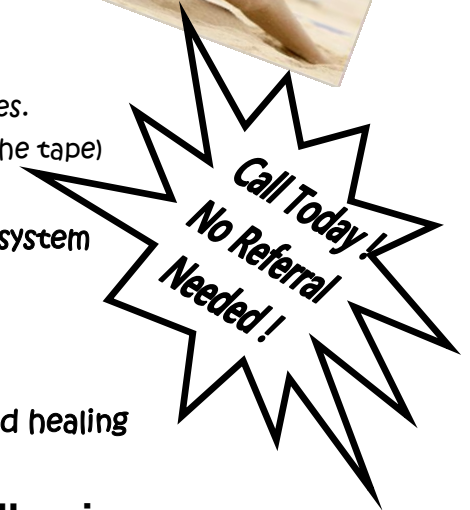
Kinesiotaping



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Kinesio Certified Specialist

- Taping over and around muscles in order to assist and give support or to prevent over-contraction.
- Applying stretch to the tape or to the target area in order to create space under the skin.
- Affecting change in deeper layers of fascia by manipulating the skin and muscle.
- Creating space underneath the skin to improve circulation and lymphatic drainage.
- Utilizing a number of corrective techniques to promote correct muscle and joint function.
- Pain relief by targeting the pain and the source of the pain.
- Utilizing single "I" strips or modifications in the shape of an "X," "Y" or other specialized shapes.
- Applying base of tape with no tension to create pull towards the base. (Recoil properties of the tape)



- # Re-educate the neuromuscular system
- # Reduce pain
- # Enhance performance
- # Prevent injury
- # Promote good circulation and healing

100% medical grade acrylic heat activated adhesive uniquely designed to mimic qualities of human skin

**** Can be worn 24 hrs/day for 3-5 days ****

www.kinesiotaping.com/physiological-effects.php

