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Used by millions of people
worldwide, these effective
techniques can reduce pain

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By Step increasing mobility. Kinesiology Taping includes 70 proven tape applications for more than 160 ailments and conditions with step-by-step color photographs and instructions for taping yourself or others. With handy charts, graphs and listings, self-treatment, regeneration and prevention for almost any complaint is just a roll of tape away.

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Kinesiology taping creates a
lift that unloads the
underlying tissues.

Decompressing those tissues
can change the signals going
to the brain. When the brain
receives a different signal,
it's going...

*Kinesiology Tape Benefits
and Uses*

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Sports Fitness And Daily

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70 proven tape applications

Ailments
for more than 160 ailments
and conditions with step-by-
step color photographs and
instructions for taping
yourself or others. With
handy charts, graphs and
listings, self-treatment,
regeneration and prevention
for almost any complaint is
just a roll of tape away.

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Full E-book Kinesiology
Taping: The Essential Step-
By-Step Guide: Taping for
Sports, Fitness &. Includes

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70 proven tape applications for more than 160 ailments and conditions, with step-by-step color

photographs. Taping can be an effective and simple way to treat a variety of conditions like muscle pain, bruising, sore muscles, bad posture, swelling, strains, sprains, arthritic conditions, menstrual complaints, headaches and even sinusitis.

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Sports, Fitness. Includes 70
proven tape applications for
more than 160 ailments and*

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By Step Guide, with step-by-step color photographs. Taping can be an effective and simple way to treat a variety of conditions like muscle pain, bruising, sore muscles, bad posture, swelling, strains, sprains, arthritic conditions, menstrual complaints, headaches and even sinusitis.

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Karin Sertel. Share. Taping can be effective and simple - all with a 5-centimetre wide piece of self-adhesive cotton tape. 70 proven tape applications for 160 conditions.

Offers information on taping and how it can be used to relieve many conditions, including muscle tension, bruising, sore muscles, strains, and sprains.

Kinesiology tape is a newly, hugely popular treatment that is proven to decrease pain and preventing injury and re-injury. Not just for

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professional athletes, taping can easily be done at home to treat a myriad of conditions--from tennis elbow and shin splints to carpal tunnel and headaches.

Length, Strength and Kinesio Tape: Muscle Testing and Taping Interventions is an essential manual for musculoskeletal therapists seeking to develop competency in the treatment of select clinical conditions using the concepts and principles of the Kinesio Taping® Method. Focusing on the identification and role of muscle structures, the manual presents length and

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strength tests covering 68
muscle groups and provides
practitioners with a
framework to use and
reassess the application of
Kinesio® Tape. Endorsed by
Kinesio Taping Association
International, Length,
Strength and Kinesio Tape:
Muscle Testing and Taping
Interventions is designed as
a companion to Kinesio
Taping® courses globally
(KT1 and KT2). Key Features:
Overview of the Kinesio®
method and how Kinesio
Taping® works Highlights the
anatomy of the muscle and
structures prior to taping
Step-by-step instructions to
a range of Kinesio Taping®
techniques, covering the

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neck, shoulder, elbow, wrist
and thumb, trunk, pelvic
girdle and hip, knee and
ankle Initial assessment
using length and
strength/function testing
and application of
appropriate Kinesio Taping®
intervention Assessment
sheets provided for each key
anatomical area Includes
eBook version on VitalSource
Also available as a separate
purchase: A suite of 68
videos covering 8 major body
areas with step-by-step
instructions and clear
demonstrations of the
assessment and taping
strategies for each
technique. An ideal
supplement to the text

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Excellent clinician refresher tool Useful when explaining treatment to client To find out more about these videos, visit <http://www.elsevierhealthonline.com.au/kinesiotape/>
Overview of the Kinesio® method and how Kinesio Taping® works Highlights the anatomy of the muscle and structures prior to taping Step-by-step instructions to a range of Kinesio Taping® techniques, covering the neck, shoulder, elbow, wrist and thumb, trunk, pelvic girdle and hip, knee and ankle Initial assessment using length and strength/function testing and application of

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By Step Guide Kinesio Taping®
intervention Assessment
sheets provided for each key
anatomical area
Ailments

Combines acupressure and
massage to treat pain using
elastic tape • Shows how the
use of an elastic, adhesive
tape works with the body's
own motions to combine the
actions of acupressure and
massage • Presents both
therapeutic and preventative
techniques for acute and
chronic pain • Contains step-
by-step instructions
illustrated in full color
detailing how to self-treat
pain in all parts of the

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Body Sufferers of chronic pain well know the frustration of treatments involving endless rounds of drugs or expensive physical therapy--that may or may not offer relief. In Acupressure Taping, authors Hecker and Liebchen present a comprehensive guide to a new method of pain treatment--acutaping--which offers a much simpler and more effective alternative. In acutaping, elastic tape is placed over the afflicted area in accordance with related acupuncture points. During the course of normal movement throughout the day, the elastic tape provides a gentle but consistent

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message to the inflamed area. Because the skin adheres to the tape, it is shifted against the subtissue during motion, causing lymph tissue to drain and connective tissue to be massaged. The authors show that most bodily dysfunctions can be self-treated through this innovative method. Combining elements of Chinese medicine with osteopathy, acutaping produces a method of treatment for ailments ranging from back pain and tennis elbow to menstrual pain and migraines. Acutaping is an easy and effective treatment--without side effects--that offers

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Welcome relief to sufferers
of chronic pain.

This book is a must have for
any physical therapist
involved in the treatment of
patients, athletes, or
indeed anyone likely to come
into contact with a range
of sporting injuries
including coaches, personal
trainers and sporting
enthusiasts. The author
takes the reader on an
educational journey through
the entire taping process;
from marking an area of
dysfunction to preparing and
cutting tape and application
with variants shown for
special problems. Opening
with the principles and

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Benefits of the Kinesiology
taping method, explaining
what it is and when and why
you would apply it, the book
then covers the correct
application of tape to treat
each individual area of pain
and dysfunction. Through the
use of pictorial
demonstrations, including
examples of injuries common
to each area of pain and the
subsequent variations in
taping applications, the
reader is clearly presented
with over 50 special areas
of pain, each identified
through individual artistic
illustrations. The author
has the ability to explain
this fascination, yet not
widely understood, subject

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in a relatively simplistic way, helping every reader develop the ability to apply these phenomenal techniques, with confidence in any setting.

John Gibbons is recognized as one of the world's leading authorities in sports medicine. This book is a must for any athletic trainer, physical therapist, and athlete involved in the treatment of patients, athletes, or indeed anyone who may present with any type of sports-related injury or common medical condition. This new edition

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offers self-help techniques to allow the patient to self-treat, where appropriate. The author guides you, step by step, through the entire process of taping by first marking an area of dysfunction, then preparing and cutting tape, followed by application with variants for specific problems. This book highlights over '60' specific areas of pain that are identified through individual artistic illustrations that have actually been drawn onto the body, and includes over 40 QR codes to YouTube of practical demonstrations of the key techniques.

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Kinesiology taping on human athletes is all the rage: widely used by physical therapists, chiropractors, and personal trainers, we see it on Olympians, runners, basketball players—on amateurs and professionals. The idea behind taping is that it provides incredible support and stabilization of ligaments and tendons while simultaneously stretching and flexing like a "second skin" to allow full range of motion. It can also activate or relax muscles, depending on its application. Our equine athletes can benefit hugely from taping techniques, and this

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terrific guidebook provides the ultimate reference for understanding both the uses of kinesiology tape and its numerous applications. With hundreds of color photographs and step-by-step instructions for the do-it-yourselfer, equine physiotherapist Katja Bredlau-Morich explains the following forms of kinesiology taping: Muscle - Lymphatic - Scar - Fascia - Space - Hematoma - Stabilization - Tendon - Cross In addition, numerous case studies demonstrate how taping can change your horse's life, keeping him pain-free and performing his best for years to come.

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In *Champions of Illusion*, Susana Martinez-Conde and Stephen Macknik present a smorgasbord of mystifying images, many selected from their Best Illusion of the Year Contest. Whether it's false motion, tricks of perspective, or shifting colors, *Champions of Illusion* is packed with adventures in perception. If you've ever come face-to-face with an utterly bewildering illusion, you've probably asked yourself: How is that possible? Martinez-Conde and Macknik, who study the intersection of neuroscience, illusions, and stage magic, explain just

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Why do you think you see the things you see. The Best Illusion of the Year Contest draws entries from vision scientists, artists, magicians, and mathematicians bent on creating today's most beguiling illusions. Featuring bizarre effects and unbelievable mind tricks, along with classic illusions and illuminating descriptions of what is actually going on in your brain when you are deceived by visuals on the page, Champions of Illusion is an electrifying mix of science and magic that you will not soon forget.

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