

Kinesio Taping®

The Modality You Can Wear

Kinesio Taping® gained a lot of notoriety after the 2008 summer Olympics; however, this technique has been around since the 1970's. Dr. Kase, a chiropractor well respected in Japan as well as in the United States, developed the technique.



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Clinical studies have shown the positive impact of spinal manipulation. If you feel any of your patients would benefit from spinal manipulation, please call us at 920-738-0200 or visit www.schubberesch.com. Be assured, your patient will be referred back to you after we treat their condition.

PHYSICAL THERAPISTS

- Richelle Fenter, PT, CSCS
- Common Pienckowski, DC
- Laura Kemp, DC
- John Schubbe, DC
- Peter Schubbe, DC

CHIROPRACTORS

2200 S. Kensington Drive, Appleton, WI 54915



THE CLINICAL CHIROPRACTOR

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The Kinesio Taping® Method is a rehabilitative taping technique that is designed to facilitate the body's natural healing process. It provides support and stability to muscles and joints without restricting the body's range of motion. It also provides extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. Latex-free and wearable for days at a time, Kinesio Taping® is safe for all patient populations and can treat a variety of orthopedic, neuromuscular, neurological and other medical conditions. The Kinesio Taping® Method is a therapeutic taping technique that not only offers patients the support they are looking for, but also rehabilitates the affected condition. By targeting different receptors within the somatosensory system, Kinesio Taping® alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. This lifting affect forms convolutions in the skin thus increasing interstitial space and allowing for a decrease in inflammation of the affected areas.

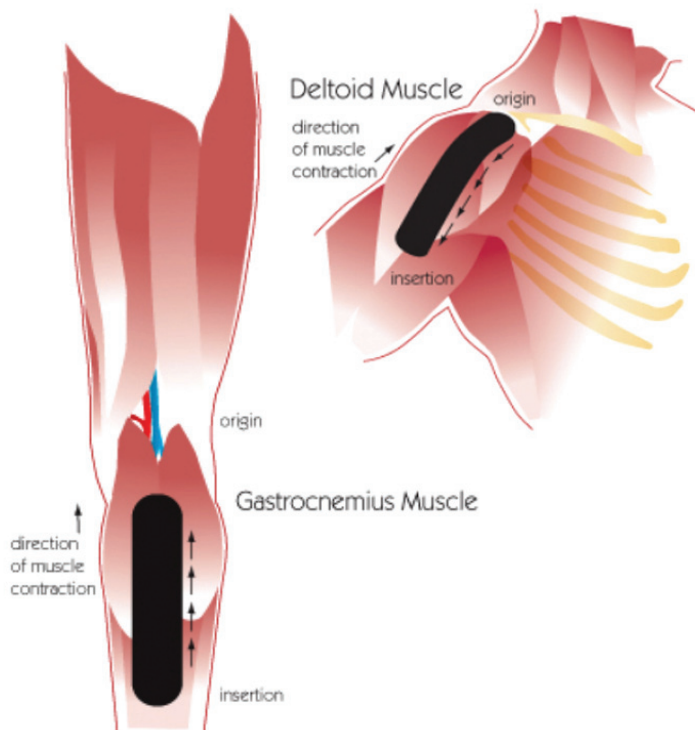
Based upon years of clinical use, Kinesio Taping® is specifically applied to the patient based upon their needs after evaluation. The findings of the clinical evaluation or assessment dictate the specifics of the Kinesio Taping® application and other possible treatments or modalities. With the utilization of single "I" strips or modifications in the shape of an "X," "Y" or other specialized shapes as well as the direction and amount of stretch placed on the tape at time of application, Kinesio Taping® can be applied in hundreds of ways and has the ability to re-educate the neuromuscular system, reduce pain and inflammation, enhance performance, prevent injury and promote good circulation and healing, and assist in returning the body to homeostasis.

The Kinesio® Benefit

Evaluation and assessment are key in the treatment of any clinical condition. In order to get the desired results from a Kinesio Taping® application as well as any other treatment, a full assessment of the patient is necessary. In some cases, the treatment of a condition may require treatment of other underlying conditions as well. This assessment should include manual muscle testing, range of motion testing, gait assessment and any other orthopedic special tests deemed necessary. The information gained from these assessments will allow for the proper treatment protocol to be laid out. Kinesio Taping® can be a valuable addition to this protocol. It has been proven to have positive physiological effects on the skin, lymphatic and circulatory system, fascia, muscles, ligaments, tendons and joints. It can be used in conjunction with a multitude of other treatments and modalities and is effective during the rehabilitative and chronic phases of an injury as well as being used for preventative measures.

Education

Training for the technique is done over the course of three seminars, and then clinicians are eligible to take a certification exam. Dr. Connon Pienckowski completed his certification in January 2011, and is now a Certified Kinesio Taping® Practitioner (CKTP).



For referral, or to discuss whether this taping technique would benefit your patient, call Dr. Connon Pienckowski DC, LAT, CKTP at 920-738-0200.