

2015

K.TAPING

Fast fact:

You can apply the tape without knowing any techniques and still feel the results.

Understand the principles, apply the techniques and feel the results!



TAPING METHODS ANYONE CAN USE AND MASTER..

If you have pain, postural issue, movement patterning problem, wanting to improve your performance and channel "swelling" away, i hope this comes in handy....

Quite the contrary, many weekend warriors are seen using the colourful tapes around their body nowadays atop the athletes in the sporting arena. It was first seen in Beijing olympics where the athletes were spotted donning the colourful tapes and people started questioning what that was and then assumed that the tapes was only for elite athletes. Now, everyone is using them...well almost! Since you are here i am guessing your are going to be spotted with them soon enough and feel the results that the tapes are going to have on you!

This ebook is not about any particular brand or techniques that is superior than the other, as i believe that there will always be pros and cons. Instead, ill be letting you know which techniques to use for different purposes (i hope) to allow you to enhance your performance or reduce pain and better your posture!

As well, the **disclaimer** here: please do not be too ignorant that you think this will help the problem permanently and not go to someone who is much more qualified to "diagnose" you...they're called doctors. The kinesiology tapes are merely another tool, non invasive way to help you rid of pain and very much less expensive.

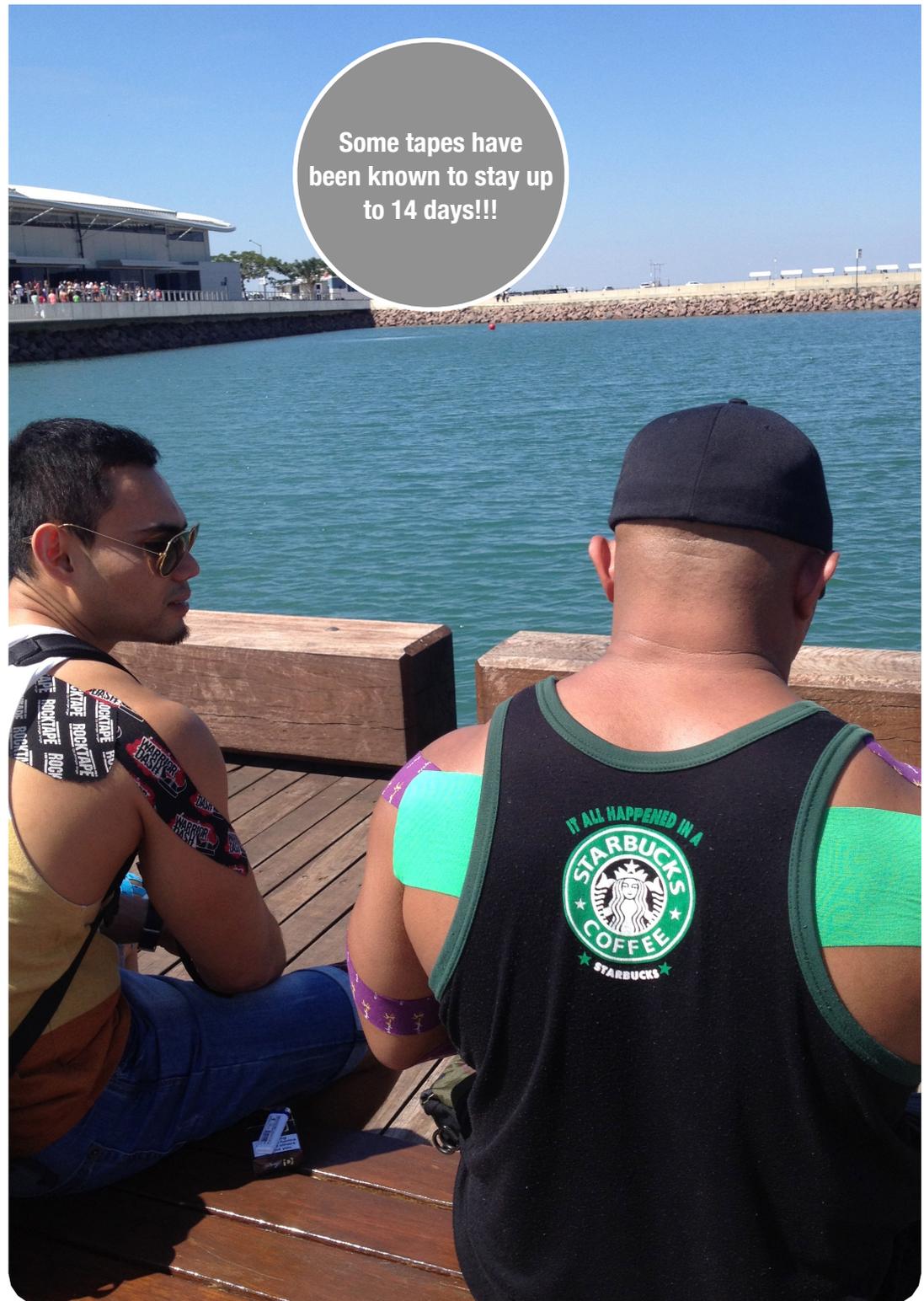
PS: Find someone who is qualified or certified in kinesiology/elastic taping, or at least have the decent amount of time spent helping solve pain and enhance performance through using these types of taping as it help having one of these guys around just in case you still have "lingering" issues or questions. Well i shall not keep you reading the boring stuff now.....lets move on to the fun stuff to read and see!!!



Pain case study 1

Chief complaint was knee instability and pain on the front end (anterior) of the knee. Second complaint was shoulder having an internal rotation and pain lifting...Techniques used was "recoil system" and decompression to both knees and shoulder. problem solved, pain was gone and ROM was increased for shoulder.

STAY AWAY FROM



Some tapes have been known to stay up to 14 days!!!

BRANDS THAT ARE "POPULAR"

ROCKTAPE

Elasticity is a lot more than most other brands. Techniques used are very general and more tapes are used for wider and broader "coverage" for pain/performance!

KINESIO TEX

The Original kinesio tape that is very closely related to medical world. Practitioners will have to do special training to be using their methods, which is very precise and calculated. Requires medical background to understand and follow.

KT TAPE

Kt tape is geared towards Consumers and have easy to follow instructions. No special training is required to apply to use it.

ARE THEY THE SAME?

Kinesio, Kinisio, KT, Rocktape, Kinesiology, Kinsio, Dynamic Tape..etc.

Kinesiology Tape Brands There are currently 4 major manufacturers offering quality kinesiology taping products both domestically and internationally. They are Kinesio® Tape , KT Tape™, RockTape and Dynamic Tape. Kinesiology Tape Rolls Rolls of kinesiology tape come in assorted lengths and widths. The most common size is the 2" x 16' single roll, which all of the major kinesiology tape brands offer. Several manufacturers also offer bulk rolls rolls that are 2" wide and 105' (Kinesio Tape, RockTape) or 125' long (KT Tape).RockTape also offers 4" wide rolls in both single and bulk roll sizes.



Generic

With all of the brand names, generic terms and even misspellings, it can be difficult to keep all of today's "kinesio" terms straight. Whether you're a newcomer or a seasoned kinesiology taping professional, you should find the following kinesio glossary useful.

Kinesiology Tape Kinesiology Tape is a generic term for a thin, stretchy therapeutic tape that comes in assorted sizes, colors and configurations. Best known as an athletic tape or sports injury tape, it is also widely used in medical and rehabilitation settings such as physical therapy clinics, chiropractic practices and hospitals.



COLOURS



Some of you might be wondering if the colours mean or make differences to the tension and so on..

Here is your answer: The colours do actually make a lot of difference...How you may ask. Simple, our eyes sees colours and reflect it back to our brain and send a signal sometimes positive sometimes negative. Take for example, black represents a more athletic and stronger "feel" to the eyes and athletes would go better for black colour. Blue on the other hand is a much softer approach to the eyes and calms people who are very sensitive visually on colours, so it would make sense that if you know someone including yourself that you can "calm the brain" down to use the blue colour. Pink is usually a girl-ish colour for females who does not like to have colours that are associated with too much

testosterone and then females go well with pink! Think how it'll "affect" a powerlifter squatting 500lbs with a pink tape versus a black or a darker colour? Beige is much more for those who wants to have a lower profile and does not do well with any colours, normally older folks prefer them as well. If anything, the colours do not have any differences in tension even on different brands. So if your having pink on the day that you are going to squat big weights...it is still going to help you the same don't worry about it!

JUST BE REMINDED THAT THE COLOURS ARE JUST A VISUAL FEEDBACK FOR THE BRAIN ON DAYS THAT NEEDS A BIT MORE ATTENTION, OTHERWISE ANY COLOUR WILL DO :)



Bringing the left scapulae back

Most common “types of strips” to be used and why you should best use them..A working or gross idea of Anatomy will definitely help as most of the taping pattern/ techniques will follow the muscle’s direction or around them.

(I STRIP) These strip are full in tension and is best used in most cases of reducing pain as they are broader in surface “area covered”. Tension can be different applied throughout the tapes as such, it makes a huge difference if you get your “diagnosis” right if not you might be applying too much or too little tension and that **might cause further irritation** to the affected are. This strip is found to be most versatile and can be used in many areas.

(FAN STRIP) The fan strip is use to dissipate the tension across an area of pain where “swelling” is present. In some cases where you have your lymph nodes infected and starts swelling up, a Fan strip will be used as well to help “channel” the water retention away to a much lesser congested area. This techniques normally **do not** have any tension

at all. To use this technique, make sure you get most of the “Fingers” on the affected swelling area. They’re also known to bring down bruising as it helps with allowing the space beneath our skin to have more “Blood flow” and allow or speed up the healing process. This strip needs a bit of practiced and best used for swelling or lymphoedema(water retention)

(Y STRIP) This strip can be used anywhere as well as it’s tension is spread out and you can use it to “maneuver” the tapes around the affected area. Key areas that normally uses this strip will be the Calves, Knees, Chest(Pic), Shoulders and at the back of the Neck. Tension for this technique can vary as well as the I STRIP depending on the “diagnosis” again. We will cover on the next few pages on how much tension is necessary for producing the best results to help you reduce pain and improve performance.

Ps: If you start cutting the strips into halves or more then these strips are called “fingers”. Imagine the anchor as your palm and the strips are your “fingers”!



STRIP TYPES

I STRIP



FAN STRIP

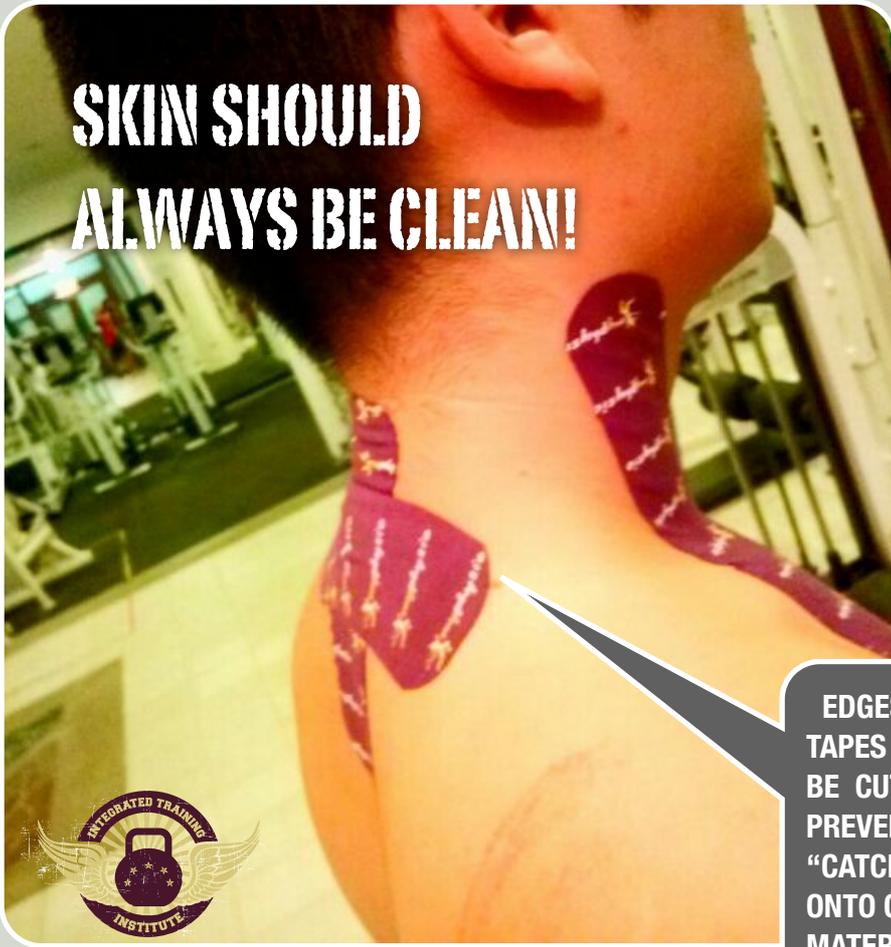


Y STRIP



Pain Indicator

Pain is a personal and subjective opinion but we all can agree on one thing when it comes to ONE thing....LESS pain! So if the pain gets worse or its not helping and not making any difference, your either doing the wrong technique, wrong “diagnosis” or putting in most cases **TOO MUCH TENSION!!** Take it off and re-do with different technique(s).



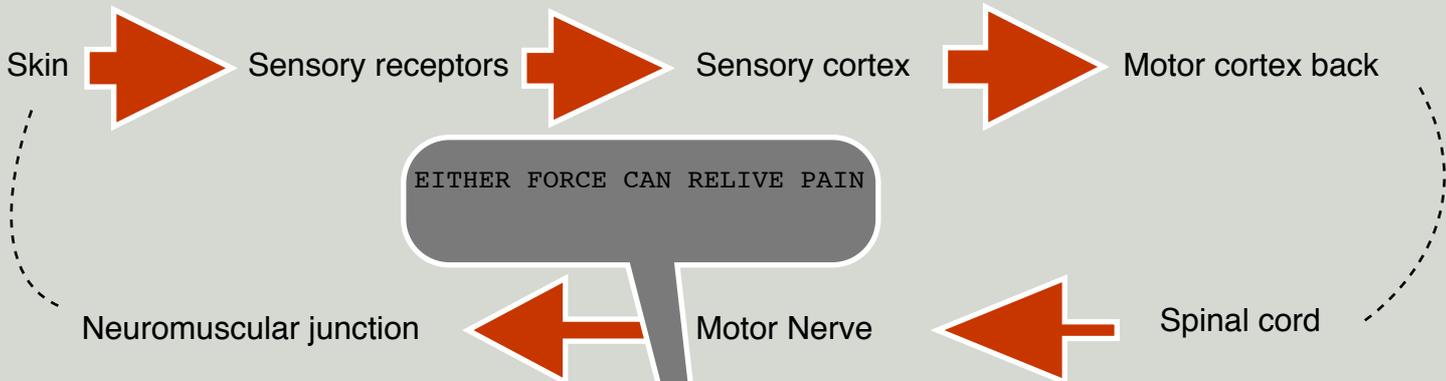
DRESSING THE AREA

CLEAN SKIN SHOULD ALWAYS PRACTICED AS YOU DO NOT WANT TO HAVE THE TAPES TRAP DIRT AND CAUSE A REACTION LATER WHICH COULD LEAD TO SEVERE ITCHINESS AND RASHES, IN SOME CASES SWELLING AND PERMANENT SCARRING (PIC)!!



EDGES OF TAPES SHOULD BE CUT TO PREVENT FROM "CATCHING" ONTO OTHER MATERIALS. (LASTS LONGER)

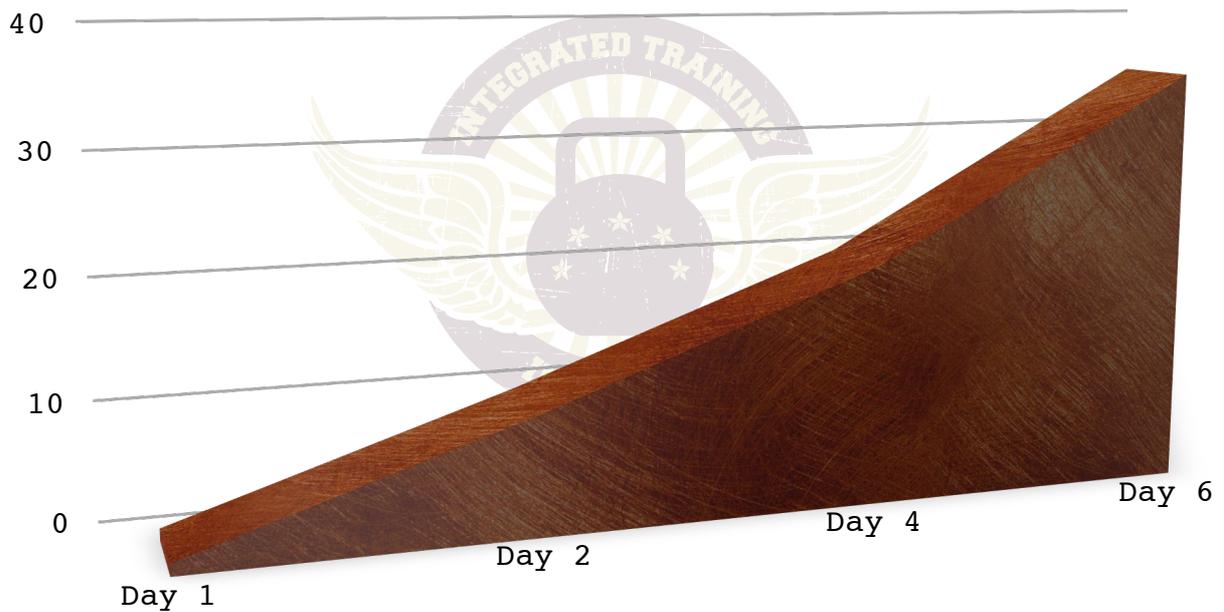
How the tapes work..



WHAT CAN RELIEVE PAIN?	DE-COMPRESSION	COMPRESSION	SWELLING	TEXTURE OF TAPE
	<p>PAIN CAN BE DECREASED BY DE-COMPRESSIVE FORCE</p>	<p>COMPRESSIVE FORCE MAY STIMULATE MECHANORECEPTORS (FEEDBACKS TO BRAIN)</p>	<p>De-compressive will be best</p>	<p>MIMICS THE EPIDERMIS, ALLOWS BREATHABILITY AND NOT "restrictive"</p>

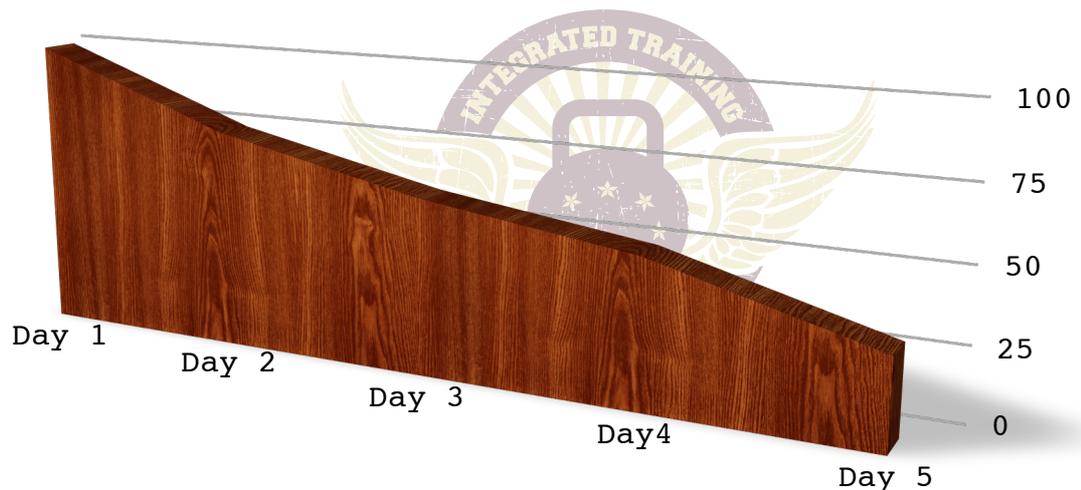


■ Elastic(kinesiology) tape



Kinesiology taping or elastic taping has been known to help both pain and range of motion as it helps one move at the same time promoting movement rather than “immobilizing”(limiting ROM) the muscles, joints, tendons and ligaments. It is definitely one of the more superior way of allowing someone to heal faster and improve gain range of motion, pro-prioceptive are kept well in check and constantly updated as well. Of course this is NOT the only or the best tool around but for now it is definitely a revolutionary way of helping others reduce pain and improve performance.

■ “Immobilizing” Taping techniques



There is many types of immobilizing techniques with taping. Some devices reduce circulation causing muscles not to receive the much needed blood flow and thereby negatively affecting the clinical condition. Others restrict the natural range of motion, inhibiting overall performance and comfort. If put on for too long they can be like a casts where the surrounding muscles will not be able to maximize what they are suppose to do and in some cases the muscles deteriorate beyond saving them. These major side effects can be eliminated when using the Kinesiology Taping.

“RECOIL SYSTEM”

RELAX TECHNIQUE

TO RELAX OVERACTIVE OR OVERUSED MUSCLE-ACUTE CONDITION, MUSCLE SPASM

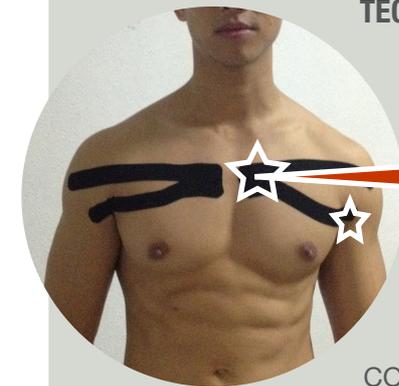
*Less than 35% TENSION



☆ MARKS THE “ANCHOR” OR START POINT. HAVE THE CLIENT/PATIENT TO STRETCH THE UPPER TRAPS, WHILE STRETCHED, PLACE ABOUT 35% TENSION AND TAPE IT ALONGSIDE THE MUSCLE. END IT WITH NO STRETCH.

CONTRACTION TECHNIQUE

TO HELP WITH



CONTRACTION OR HELP ACTIVATE

WEAK MUSCLE-CHRONIC CONDITIONS, REHABILITATION

*20-45% TENSION

(Pic

☆ MARKS THE “ANCHOR” OR START POINT. HAVE THE CLIENT/PATIENT TO STRETCH THE CHEST AND PLACE 20-45% TENSION AND END WITH NO STRETCH. (YES HERE IN THE PIC , THE UPPER PECS WAS USE TO BE FACILITATED AS I NEEDED TO BRING THE RECRUITMENT OF THE MUSCLES UP, IT DID WONDERS AFTER THREE TO FOUR WEEKS OF FACILITATING IT). THOUGH I SUGGEST THAT YOU MIGHT WANT TO DO IT AS YOUR OWN RISK AS I TRIED SLEEPING OVERNIGHT WITH IT AND MY UPPER PECS WAS SPASM UP AND IT WASN'T A PLEASANT EXPERIENCE, JUST SAYING!

ANCHORING/ START POINT (RECOIL SYSTEM)

IT IS VERY IMPORTANT TO REMEMBER THAT YOU SHOULD LEAVE TWO TO THREE FINGERS IN SIZE FOR YOUR START POINT AS THAT WILL DETERMINE WHERE THE TAPES WILL BE “PULLED BACK” AND THAT WILL DETERMINE IF YOU ARE ACTUALLY HELPING TO FACILITATE OR HELP WITH CONTRACTION OR CALMING THE MUSCLES DOWN!



WHENEVER YOU SEE THE STARS, IT MEANS THAT NO STRETCH WILL BE APPLIED. LEAVE AT LEAST TWO TO THREE FINGERS FOR THE STARS.

TIME TO APPLY....SELF TEST!!!

The Toe Touch Test

INTEGRATE



1. Assess
2. Tape it
3. Re-Assess

Toe Touch test

The Toe Touch test is a great way to see how taping your hamstrings can allow different part of your body (circled in pic 1,2). If you apply this concept with an open mind you can see the endless and infinite possibilities that can be done and its effect "globally". Here i used the Y STRIP to follow the hamstrings proximally to distal. **NO** stretch was used, the only stretch that was there was "off the tape" stretch.

Let's get started

Lets try taping the right hamstrings first. Have your patient/subject/client/friend stand with feet underneath their hips or shoulder width apart with their toes pointing forward. If

they can't its ok have them pointing it to their best forward. Now i will anchor the tape jus below the gluteal fold (the bum line). Next step is to have him/her bend forward and have them touch their toes, ask him/her to shift the shoulders and have their head pointing towards the right while YOU tape the LEFT "finger", **NO** stretch. Repeat the same for the other side and always end with no stretch.

DONE?..

When your done, ask him of her to stand up again and wait for a few seconds to have the brain input some **POSITIVE** feedback and allow tension to be released throughout the "chain". When ready, have them touch their toes again

and see what happens!!! In any case that there is no improvement in Range Of Motion(ROM) fret not.. most probably you didn't tape it on the hamstrings themselves. All you have to do is to take it off quickly and try again. It definitely takes a bit of practice to get the techniques right but when you do taping will take you less than five to ten minutes. I do it less than 5 mins (yes, let me brag a bit at least). -M.R Jab.

Less is more

Many of us will jump on the thought that if i can apply more tension then it should help more....it might even worsen and irritate the affected area!! If your not too sure how much tension to place, i sincerely suggest you put lesser tension than what is in your wonderful mind as from my taping experience.

Too much tension

- skin gets irritated
- pain gets worse
- spasm
- tape comes off quickly (doesn't stay)

CAUTION

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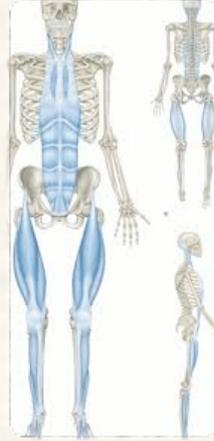
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Continuing Education Provider

ANATOMY TRAIN LINES



You can also tape following the "functional lines"!!



What the "lines" are we talking about??

If you haven't come across a new way of looking at movement chains in stead of how you view your muscles as a separate when moving you body, let me introduce you the Anatomy Trains by Thomas Myers! In this book you will find fascinating reference to our fascia system and how the muscles are "binded" together to allow movements within a certain chain and then see how taping a certain area can allow certain specific lines to be released! It might make even more sense when i put you back to the toes touch test to see how taping the Hamstrings can affect the thoracic are and cervical area to have more bend and relax (Page 8, Pic 1,2). It certainly does not stop at just taping the muscles themselves e.g (sternocleidomastoid) but now you can as well tape the functional lines, Both to help with pain and

improve performance. The movement patterning of a specific chain can now be taped using a bit of imagination!

Line taping test:

*Have someone do a single knee lift (standing and see how much instability the person has. I would suggest that to get a slightly more accurate test results without too much variables to have the knees as high as the hip joint. Start the anchor form the greater trochanter (bony joint jus below the hip joint), stretch the opposite way trying to reach for the side of the knee and **without tension** run the tape all the way down towards or just before the ankle*



TRAINING

HOW TO TAKE IT OFF..PAINLESSLY

WATER

Having water when your wanting to take the tapes off after leaving it to stick onto your skin for a few days would definitely help . Shower with warm water thoroughly and then slowly peel it off, not quickly!

Allergy:

To see if your allergy to it, try cutting up a small square and apply it to the area that you hope to tape and if your allergic most probably you will know in a days time or less. The skin will have:

- Rashes
- Itchiness
- Burning sensation
- Any form of skin irritation

OIL

Olive oil seems to help tremendously as well if you have had the tapes on for more than a day and that your skin is extremely sensitive, again, peel it off slowly. I know of some people who had rashes and skin tears due to peeling it off "waxing style"! It wasn't a pleasant thing to see let alone go through it so once again, peel it off slowly to avoid any scarring.

This ebook is not targeted to promote any brands/ techniques or saying that this is THE only way to tape but as a reach to people out there like myself who was curious and had no "real and unfiltered" info... There will always be an integration at some point. If you feel

that you have benefited from this read in any ways, please do share this if you found it useful info to help people understand these tape as its not only for pain or "fashion".



The tapes has also helped me inhibit cockroaches. Talk about the infinite possibilities!

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For those who wants to have a more hands on practice and have clinical lab time, we do run workshops that allows you to understand the principle and usage of the tapes making sure that you get the techniques right to start applying to your clinical practice or jus for your own use.

Who might be interested:

- Doctors
- Physical Therapists, PTs
- Osteopaths, Dos
- Chiropractors
- Personal Trainers
- Coaches
- Athletes
- Physiotherapists
- Massage therapists
- Occupational Therapists
- Manual Therapists

If your not listed there, its most probably that you need to engage them to apply it for you as these are the people with working knowledge on anatomy, biomechanics, pathology and professionals that deal with pain or help with enhancing performance everyday. If your still keen on learning and having practicals then come join us!! Know any organization/ people that can benefit from this? Then share this!!

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MUHAMMAD REDZUAN JAB B. NASIR

Being a performance coach (a high level athlete of many fields) and trained in Osteopathy, he is always in search of how to *reduce pain* and *improve both postural and performance*. He is an avid *practitioner* who goes around giving talks and workshops on taping hoping to increase awareness of what he says is a revolutionary way of healing and improving a person's performance!

www.itigrad.com

For more info on how to host taping seminars/talks for you and your organization you can drop us a mail at General@itigrad.com



PLACEBO YOU SAY...?

It has provided many people reduce pain, channel water retention, correct posture and improve their performance while some even gain stability. Maybe you think this is just all in the mind that it's all a "hyped" product, you may be just right about that...and i may be very well wrong about this for all you know. Now even if this is a placebo effect, it sure does wonder to the people and myself who has used the tapes personally to attest to the effects. Geriatrics are using them in hospitals and clinics and by far have been seeing fantastic results, there's plenty of cases where baby stops crying from pain and kids are relieved of pain when taped by doctors. Taking this "technology" to another step, practitioners around the world are using them to help heal equines and watch them walk from limp to running again (how's that for a placebo effect). Even if it is placebo, it

"it impacts us positively in many ways than one"

impacts us positively in many ways than one, it is non invasive, looks cool, and best part is they're cheap and your able to use them at your convenience! - M.R. Jab.



BONUS CONTENT!!

Shoulder (general shoulder problem)

INTEGRATE



1. Assess
2. Tape it
3. Re-Assess



Shoulder pathology

Most of the shoulder pathology will lead to a decrease of shoulder mobility, thus some not being able to lift their hands up, some having pain during arm movements due to impingements etc.

Let's get started

Let's try taping up the shoulder and see how it works. Always start with the shoulder relaxed while applying the anchor and have the clients stretch the muscles while applying the middle of the tapes. Follow the exact directions given to you in the pics above and make sure you don't stretch the tapes too much. Do a movement or pain assessment before so you can do a retest and get

consistent with the tapes and testing to rule anything out. Always rub the tapes when done to activate the adhesive.

DONE?..

When your done, ask him of her to stand up again and wait for a few seconds to have the brain input some **POSITIVE** feedback and allow tension to be released throughout the "chain". When ready, have them move their

hands and see if it helps/ do the reassessment of flexion or ask them to move where the pain was and recheck for same pain reproduction. If it didn't help at all, as usual don't worry most probably you didn't hit the right spot. All you have to do is to take it off quickly and try again. It definitely takes a bit of practice to

get the techniques right but when you do taping will take you less than five to ten minutes. I do it less than 5 mins (yes, let me brag a bit at least). -M.R Jab.

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