

Kinesiology Taping The Essential Step By Step Guide Taping For Sports Fitness And Daily Life 160 Conditions And Ailments

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taping can be effective and simple all with a 2 inch wide piece of self adhesive cotton tape 70 proven tape applications for 160 conditions

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therapeutic approach to treating orthopedic traumatological and many other conditions it serves both as a perfect companion to training courses and
as a reference book and refresher for health care professionals who have completed their training a brief introduction to the basic principles of k taping
the special elastic tapes used and the method s history is followed by 7 chapters highlighting treatment techniques and their application to 50
frequently seen conditions each is featured on a double page with up to five color photos brief instruction practical information about symptoms
dosage progress to be expected and tips regarding variations of techniques as the benefits of k taping in enhancing the effects of other conservative
care and surgical treatments are getting more and more appreciated birgit kumbrink s k taping an illustrated guide developed by germany based k
taping academy has rapidly established itself as the ultimate reference book for therapists and clinicians in an ever expanding range of medical
disciplines

kinesiology tape is a newly hugely popular treatment that is proven to decrease pain and preventing injury and re injury not just for 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

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