

KINESIOTAPING® LAB ASSIGNMENT #1:

Choose one of these applications. Videotape yourself applying the taping application on another person and email a link to the taping application to the instructor (alison.taylorcht@gmail.com). In the email, identify the taping application, and the problem you would use it to treat. For privacy concerns, please focus on the body part being taped, and do not show faces in your video.

1. TAPING FOR SKIN: Epidermis Finger Taping Lab

- Length: approximately 6-7 squares
- Epidermis Taping is 0-5% tension
- Cut the strips very thin and round the corners
- Apply the tape to the nail with 0% tension and gently lay the tape down with 0-5 % tension
- Take the strip as high up the hand as is necessary to influence tissue movement
- Epidermis Taping is used with hypersensitivity, CRPS, stiffness
- Pain is reported as sharp or electric

2. TAPING FOR SWELLING: Wrist Taping Lab

- Length: approximately 3-4 squares
- 10-20% Tension
- Thin Strips - Fan Taping
- 4 Strips to 6 Strips for more sensitive skin- CRPS
- Proximal to Distal
- Channel towards lymphatic drainage locations if very congested.
- May have to have multiple fans
- Creates high- and low-pressure gradients
- Layer over the top of each other

3. TAPING FOR FASCIA: Tennis Elbow

- Length: approximately 2-3 squares
- Web Cut or Y Cut
- 15-25% for Superficial
- 25-50% for Deeper
- Manual Direction Test (MDT)- Clock method
- Request the movement and identify pain location. Glide the tissues and request retest.
- Apply the tape in the direction that is pain free.
- You can free up neural pathways
- "Unwinding"
- Generally will unwind away from the body