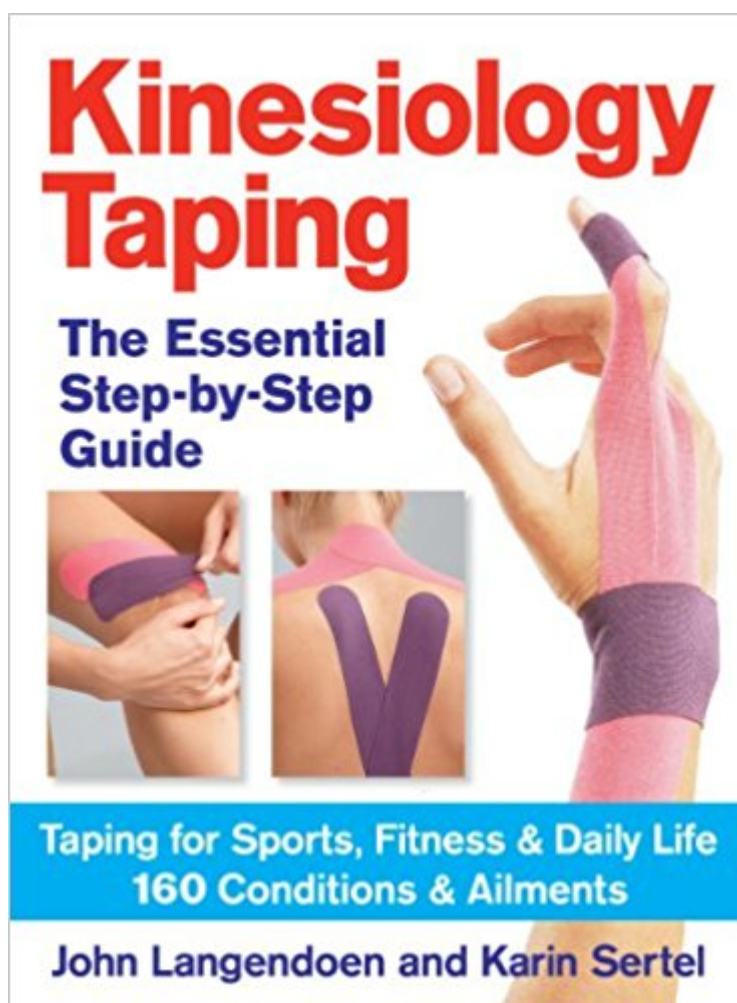


The book was found

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



Synopsis

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. Athletes are wearing brightly colored tapes at sporting events like the London Olympics, Wimbledon, gymnastics meets or even out jogging. The reason they're taping is because it's an effective way to treat a myriad of conditions like muscle pain, bruising, sore muscles, bad posture, swelling, strains, sprains, support during training, arthritic conditions, menstrual complaints, headaches and even sinusitis. Tapes, both elastic and non-elastic, are applied directly to the skin. The most important effect of the tape is pain relief and the second is increased mobility. That relationship between pain and movement is critical. A perceived decrease in pain enables more movement, which is essential to recovery and rehabilitation. How to tape oneself, friends or loved ones safely and effectively is explained in easy-to-understand directions and step-by-step photos showing how taping works, where and when it can be applied, and what to do during a practice session. There are 70 proven tape applications for more than 160 ailments, conditions and related body parts that are explained in easy-to-follow detail through directions and step-by-step color photos. Self-treatment, regeneration and prevention for almost any complaint is just a roll of tape away. Handy charts, graphs and listings make it simple to find the taping technique best suited to a personal concern. Taping allows the body to rest and heal naturally, reduces inflammation, increases circulation and allows appropriate movements. These effective techniques have been used by millions of people worldwide to take advantage of taping's many benefits.

Book Information

Paperback: 256 pages

Publisher: Robert Rose; 1 edition (February 6, 2014)

Language: English

ISBN-10: 077880481X

ISBN-13: 978-0778804819

Product Dimensions: 7.8 x 0.6 x 10.5 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 146 customer reviews

Best Sellers Rank: #54,234 in Books (See Top 100 in Books) #5 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #68 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

This book focuses on the use of taping as a treatment for reducing pain, muscle tension, sprains, strains and many more injuries. It provides information on how you yourself can apply tape on your body for sports, exercise and daily activities. Some examples are support upright position, bruised ribs, pain in muscle movement, carpal tunnel syndrome, sore back, help with breathing, promote better healing of scars, headaches and menstrual cramps. Provided in the book are step-by-step diagrams, written instructions and width/amount of tape required for each condition. As well, there is a full body diagram of the individual muscles in the human body at the beginning of the book. This book contains considerable information for relieving pain and tension during exercise, sports and daily life. (Glenn Perrett Northumberland News 2014-10-09)

John Langendoen has a MSc in pain management and a bachelor degree in physiotherapy. He's an active proponent of self-taping and over the last 5 years he has been conducting international seminars, presentations and workshops on the subject throughout the world including North America. His experience also includes presentations at international conferences as well as being a member of the medical staff for the Korean National Football Team at FIFA World Cups. Karin Sertel is a physical therapist and experienced Hand, Manual (Maitland Concept) and Cranio-Sacral Therapist for both children and adults. For over 30 years, she's been a huge advocate for self-therapy in her hand patients and self-taping has become a major component of her hand rehabilitation approach.

I hadn't heard of this even though I saw it on the Olympic divers on TV, but I wish I had earlier. My wife came home with these stuck to her back from the Chiropractor at \$15 a pop. I, being cheap, bought a couple roles of tape and this book, which have paid for themselves several times over. Book is a great guide if you have no clue and gives good pictures/information on applying the tape and how much to stretch. Takes a little practice, but this is a life changer for keeping fit and healthy while doing daily or sports related activities.

This is a very informative book and the layout of it made it easy to read. I love the visuals and easy to follow instructions for which tape. For a newbie like me, I really appreciated the ease of intro to basic terms and great instructions. Recommend. It's cheaper than seeing my chiropractor but certainly not a replacement :p

This is a great book! The pictures are very clear and very helpful. It has helped my fibromyalgia when nothing else would! That's saying a LOT! It tells you exactly where to apply the tape no matter where your pain is!

Great book with easy to follow instructions on taping a variety of issues. I found it helpful for taping a plantar fasciitis affected foot. The illustrations are clear and really help with the step-by-step instructions.

This is a great step by step book for using taping. It is great for when my arthritis or tendonitis flares up. I find that taping up the affected area relieves the aching pain.

I like this book very helpful for the 'laymen'. If you don't have knowledge in muscles and their attachments and actions, (i.e. P.T.'s, Chiropractors, O.T.'s, M.T.'s,) this is a very good book for those who would like the benefit of taping for muscle support and pain relief.

This was a very helpful book and the price was reasonable. I had been taped by a physical therapist and found it very effective. I needed help to do it to myself and I found the help I needed in this book. After reading it a few minutes I was pretty sure it had been translated from another language (German). But as soon as I figured it out, it was not hard to read at all.

Sometimes the instructions are a little difficult for me to understand, but I've learned so much more from this book than I have watching online videos. Far more applications than I thought and is pretty exciting!

[Download to continue reading...](#)

Kinesiology Taping The Essential Step-By-Step Guide: Taping for Sports, Fitness and Daily Life - 160 Conditions and Ailments Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrition) Kinesiology Taping for Rehab and Injury Prevention: An Easy, At-Home Guide for Overcoming Common Strains, Pains and Conditions Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) A Practical Guide to Kinesiology Taping (With DVD) Clinical Kinesiology and Anatomy (Clinical Kinesiology for Physical Therapist Assistants) Brunnstrom's Clinical Kinesiology (Clinical Kinesiology (Brunnstrom's)) The Illustrated Step-By-Step Guide To

Stencilling And Stamping: 160 Inspirational And Stylish Projects To Make With Easy-to-follow Instructions And ... Step-by-step Photographs And Templates Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) Musician's and Songwriter's Journal 160 pages for Lyrics & Music: Manuscript notebook for composition and songwriting, 7"x10", blue antique cover, 160 ... pages - ruled page on left, 8 staves on right Musician's and Songwriter's Journal 160 pages for Lyrics & Music: 8.5" x 11" • manuscript notebook for composition and songwriting, pink cover, 160 numbered pages - ruled page on left, 8 staves on right 320 SAT Math Subject Test Problems arranged by Topic and Difficulty Level - Level 2: 160 Questions with Solutions, 160 Additional Questions with Answers 320 SAT Chemistry Subject Test Problems arranged by Topic and Difficulty Level: 160 Questions with Solutions, 160 Additional Questions with Answers Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions A Simple Guide to Zinc Deficiency, Its Function and Treatment and Related Conditions (A Simple Guide to Medical Conditions) A Simple Guide to Cystic Fibrosis, Treatment and Related Conditions (A Simple Guide to Medical Conditions) A Simple Guide To Chronic Obstructive Lung Disease, Diagnosis, Treatment And Related Conditions (A Simple Guide to Medical Conditions) A Simple Guide To Non-Alcoholic Fatty Liver, Diagnosis, Treatment And Related Conditions (A Simple Guide to Medical Conditions)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)