

# KinesioTape

Congratulations! You are receiving the same advanced therapeutic procedure that Olympic and professional athletes receive for their pains, misalignments and injuries.

KinesioTape was invented by a Japanese chiropractor to help support and strengthen the body's natural healing properties.

## **KINESIOTAPE BENEFITS:**

1. **REDUCES PAIN** by causing the body to release Endorphins and Enkephalins (the body's natural pain relievers).
2. **HELPS ADJUSTMENTS HOLD** by gently supporting the area.
3. **REDUCES SWELLING** by improving lymphatic flow.
4. **REDUCES MUSCLE SPASM** by reducing muscle fatigue and over contraction.

## **KINESIOTAPE INSTRUCTIONS:**

- Shower and bathe as usual and simply pat the KinesioTape with a towel.
- *Do not* rub with a towel. *Do not* dry with a blow dryer.
- Ice can be applied over the tape for additional relief.
- The tape is not magnetic or medicated. However, a very small percentage of patients may experience sensitivity or allergic reaction to the glue. Remove the tape, should any problems develop. Mild itching can be a sign of increased blood flow, and should not be mistaken for an allergic reaction.
- Leave the tape on as long as you can. It should begin to come off as the outer skin layer naturally sloughs off, about two to seven days.

Dr's Name

Address

www. web address