

Taping Techniques at KPT

At Kassimir Physical Therapy we use three main taping techniques during rehabilitation to return patients to their prior level of function and relieve pain. These techniques include Kinesio taping, McConnell taping and Low-Dye taping. Each taping method has its unique qualities and benefits, so patient's needs should be properly examined before any technique is implemented. Each technique can be very effective at providing temporary support and relieving pain to aid in the injury rehab process, but is not considered a long term solution.

According to the Kinesio Taping inventor Kenzo Kase, Kinesio Taping was designed and modified to mimic the qualities of



the skin, therefore the thickness of the tape is approximately the same as the outer layer of the skin. Such design allows a longitudinal stretch of 55-60% of its resting length. The degree of stretch applied is determined by the desired physiological effect and often times is only minimal. Kinesio Taping is kept on and remains effective for 3-5 days before elastic polymer diminishes and needs to be reapplied. The tape helps improve circulation, removes fluid buildup, and can also diminish the appearance of scars. For acutely overused or stretched muscles, the Kinesio Tape is applied from insertion to origin of the affected muscle while the muscle is in stretch. For chronically weak muscles, the tape is applied from origin to insertion to help facilitate increased muscle contraction. A clinical example of Kinesio taping for acute medial epicondylitis of the elbow would include applying Kinesio tape from the ulnar styloid process to



medial epicondyle of the affected extremity.

The McConnell Taping Method was developed in the 1980's by Jenny McConnell, PT. It is a bracing technique

where body parts are taped to focus on a specific biomechanical movement and provide neuromuscular re-education. McConnell tape differs from Kinesio tape as it is very rigid, highly adhesive and does not have any "give." It is also usually applied for shorter duration than Kinesio tape and is commonly used to treat patellofemoral pain, shoulder instabilities, low back pain, foot pain and hip impingement. In the treatment of patellofemoral pain, McConnell tape is applied to help correct excessive patellofemoral lateralization by gliding the patella medially and securing it in this position with tape on the skin. Since McConnell tape is very adhesive, a protective base tape is applied first, prior to McConnell taping. Taping the patella medially helps unload strained tissues, allowing the patient to participate in rehabilitation activities as well as activities of daily living with less pain.

Low-Dye taping is an orthopedic strapping technique of the foot developed by Dr. Ralph Dye. Low-Dye taping is mainly used on patients with plantar fasciitis to help reduce foot pain. The tape used is a regular athletic tape that is applied inferior



About the Author: Feliks Perl, PTA



Feliks Perl received his Bachelor degree in Exercise Science from Towson University in 2005. He then enrolled into a Physical Therapy Assistant program at Carroll Community College at which time he worked as a full-time physical therapy technician at Kassimir Physical Therapy. His studies and a background as a Certified Personal Trainer made him a valuable part of our clinical team. After he received his Physical Therapist Assistant license in 2008, Feliks gained experience while working at an outpatient facility as well as at the home health agency. Feliks returned to Kassimir Physical Therapy in 2010 and brings a dynamic, hands-on personalized approach to his patient treatments.




to the malleoli and along the plantar aspect of the foot to help improve the medial arch. It helps correct excessive pronation at the subtalar joint of the foot, provides patients with more stability and pain reduction during ambulation as well as functional activities.

Taping can be a very useful modality in the rehabilitation process and should be used in conjunction with other modalities of physical therapy. Tape can be used to facilitate a muscle, inhibit a muscle or provide structural support to the joint. The technique used should be determined by a therapist, based on a

patient's injury and the area affected. Taping has many benefits and is effective not only for professional athletes but for the general public as well. It can facilitate faster healing and can be useful in preventing the injury from re-occurring. It is an effective modality with low risk of side effects which makes it a frequently used method of treatment among health professionals.

KPT News Flash:


Kassimir Physical Therapy celebrated its 14th Anniversary on March 17th. We thank everyone for being a part of our growth over the years. We will be accepting Bravo Health insurance (a Medicare replacement product) starting in April. KPT aquarium is slowly being transformed into a coral friendly habitat. Its newest tenants include hermit crabs, shrimp, starfish, snails and clown fish. Come by and marvel! Have a great spring!

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CLINIC HOURS BY APPOINTMENT

Monday	7:30 a.m.	–	7:30 p.m.
Tuesday	8:00 a.m.	–	7:30 p.m.
Wednesday	7:30 a.m.	–	7:30 p.m.
Thursday	8:00 a.m.	–	7:30 p.m.
Friday	7:30 a.m.	–	5:00 p.m.
Saturday	8:00 a.m.	–	12:30 p.m.

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