



KINESIO PERFORMANCE+™





What can Kinesio Tex Tape be used for?

AC Joint

Achilles Tendonitis

Brachial Plexus

Elbow Bursitis

Tennis/Golfers Elbow

Shin Splints

And More.....

ACL

Bicep Tendonitis

Carpel Tunnel Syndrome

Hallux Valgus

Patellar Tendonitis

Patellar Tracking Disorders

Kinesio® Taping

For over 25 years, Kinesio® has provided comfort and stability to our loyal users. Kinesio® Tex Gold™ offers patients a more gentle approach to rehabilitation than those provided by conventional athletic tapes.

On the heels of our unprecedented publicity and positive feedback from the 2008 Games in Beijing, we here at Kinesio® would like to invite you to experience what athletes and medical practitioners around the world are calling the rehabilitative and enhancement tool.



What is Kinesio® Tex Tape Gold™?



This amazing elastic therapeutic tape was developed by Dr. Kenzo Kase over 35 years ago in Japan.

- Made from a gentle cotton fiber strip
- Features a 100% medical grade acrylic adhesive
- Totally latex free
- Does not limit range of motion
- 3-5 day wear time to conserve tape and save money
- Creates a lifting effect which improves circulation and relieves pain
- Tension on tape has the ability to relax or stimulate muscles

What is the Kinesio® Taping Method?

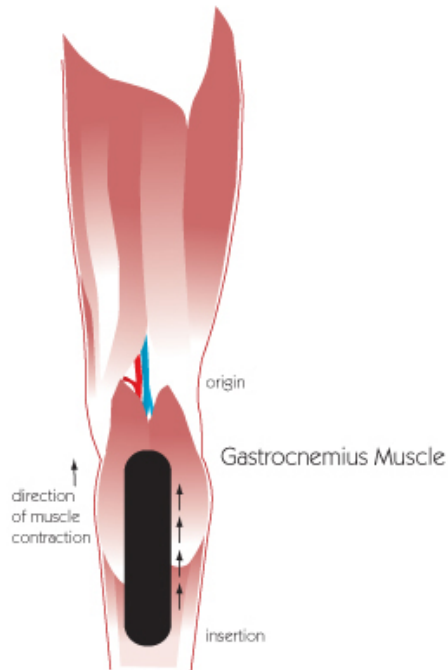


Cornerstones of the Kinesio® Taping Method:

- Taping over and around muscles in order to assist and give support or to prevent over-contraction.
- Applying stretch to the tape or to the target area in order to create space under the skin and create the desired effect on the musculature.
- Affecting change in deeper layers of fascia by manipulating the skin and muscle.
- Creating space underneath the skin to improve circulation and lymphatic drainage.
- Utilizing a number of corrective techniques to promote correct muscle and joint function
- Pain relief by targeting the pain and the source of the pain
- Utilizing single “I” strips or modifications in the shape of an “X,” “Y” or other specialized shapes
- Applying base of tape with no tension to create pull towards the base

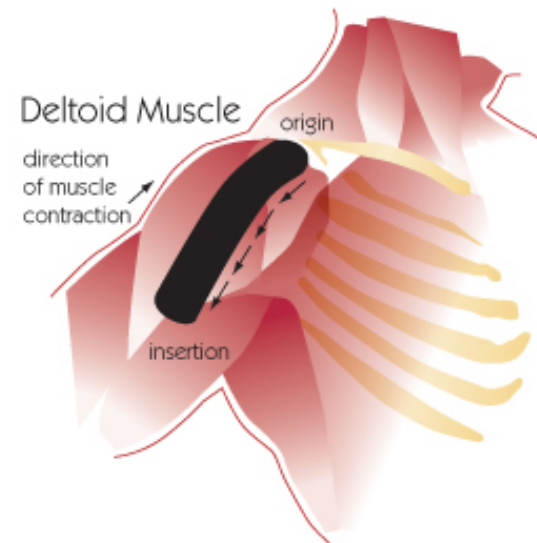
Muscle Relaxation

- Apply tape from the end of the muscle to the beginning (Insertion to Origin)
- Used to relax tired or overused muscles (therapy)



Muscle Facilitation

- Apply tape from the beginning of the muscle to the end (Origin to Insertion)
- Used to stimulate weak or underused muscles (rehabilitation)



Five Major Physiological Effects

1. Skin

2. Circulatory/Lymphatic
Systems

3. Fascia

4. Muscle

5. Joint

