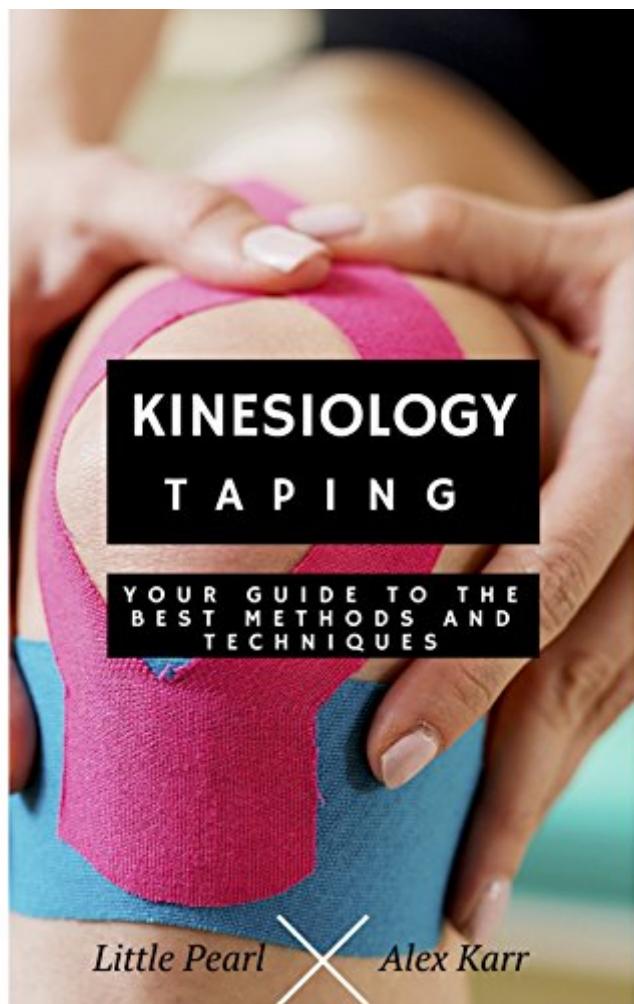


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# Kinesiology Taping: Your Guide To The Best Methods And Techniques



## Synopsis

Is Kinesiology Tape Right For You? Most people by now have seen athletes wearing bright colored tape on television and in major sporting events. But what does it do really? And, more importantly, is it something that can help you? The majority of people will experience pain this year, whether caused by injury or overuse. Some of this pain, unfortunately, will become chronic. Prescriptions and medication are one answer. Ignoring it to the best of your ability is another. But isn't there a better option? Yes! For many the answer is kinesiology tape! This revolutionary taping technique has helped thousands heal injuries faster, reduce pain, and prevent future injuries from happening. In this best-selling book, author and expert Alex Karr will discuss why kinesiology tape is changing the way people feel and perform all over the world and how you can learn to effectively apply it at home. You will learn how to apply YOtape using:- I application- Y application- X application- Fan application- Donut application- Web application. You will also learn how to use these applications specifically for: - the shoulder- the knee- the back- the hamstring- the wrist- the elbow- the ankle. You will love what kinesiology tape can do for you! Learn more now by purchasing this informative guide today!

## Book Information

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## Customer Reviews

I am a Certified Personal Trainer for 20 years and one of many certifications I have are in Kinesiology. I do these reviews in detail with the hopes I can help ONE person. I personally use Kinesiology Tape and I know how to use the tape in all areas of the body, but there are variations to it, so when I was offered this "Alex Karr Kinesiology Taping Guide" as a promotion/discount in exchange for my HONEST and UNBIASED review (I will give just that & trust me, I don't give good reviews if it's not deserving) I jumped all over it, in hopes I can learn something. Before I move forward, let me first start off by saying that not all injuries and conditions benefit from using Kinesiology Tape, so be sure to ask your doctor whether you think something like this is right for you. It's much better to ask first and get their opinion than use this and aggravate your condition further. \*\*\*\*\* Sorry to say, but not much I can say positive about this other than I got it for free. I received eBooks that came with Kinesiology Tape I purchased that had AS MUCH or even MORE taping information. I honestly thought I was going to get something exclusive by getting this on Kindle but that is a negative. \*\*\*\*\* So, If you buy a roll of Kinesiology Tape many offer eBooks and that is equally, if not better so don't waste your time with this & just look for a tape that offers it for free at no extra cost. Hey but if you are just interesting in seeing basic taping before you buy, than this is ok | just ok! Me personally was very disappointed with this Alex Karr Kinesiology Taping Guide, because I had such high hopes & got less than basic!

I got this book because my husband is suffering from bursitis in his knee and my mother is suffering with plantar fasciitis. So I am hoping this technique will be able to help them both. I also plan to use it for helping with knowing how to help support the arches on my feet. It is very much worth the \$2.99 you will pay for this book! The book is very well written and is a lot more helpful and descriptive than I expected and it also includes real pictures of how to use the tape as well as good descriptions on how to use and apply as well. In case you were like me and just happened upon this without hearing of Kinesiology before here is a brief description of what it is and how using this method may be able to help you. Kinesiology tape is a very thin & stretchy elastic cotton strip with an adhesive back. Therapeutic "k tape" can help with musculoskeletal and sports injuries and inflammatory conditions. K-tape is very similar to human skin in thickness and elasticity, which allows it to be worn without binding or constricting & restricting your movement. Kinesiology tape is used for treating

athletic injuries & other physical disorders. For full disclosure I did receive a digital copy for free in exchange for my honest review.

This is a review for Kinesiology Taping: Your Guide To The Best Methods And Techniques. I purchased this book because I have chronic aches and pains in several areas. After purchasing some Kinesiology Tape I realized I really wasn't sure how to use it. After watching several YouTube videos I was able to apply the tape and found that it really was helpful. However, it is a pain to look at the video each time to apply. I thought a book would be simpler. This book begins with a history of taping and the invention of Kinesiology tape. From there we get a lesson on how it actually works. There are several contraindications for the use of Kinesiology tape and this book covers them. The next, and most important section has details on the types of applications. There are photos of the types of applications and there are videos that show how to apply the tape to help some common areas of the body. This book is well written, well edited and has a wealth of knowledge of the subject. It is something that I can easily refer to when needed.

As someone who suffers from knee issues I have found this book very helpful. This is a short and fairly straight forward technique book which shows how to best apply kinesiology tape, and the benefits of using the tape. This book is written by authors Alex Karr and Little Pearl. Kinesiology taping method is a definitive rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. Research suggests that elastic taping may help relieve pain, but not more than other treatment approaches, and there is no evidence that it can reduce disability. I like that this covers the when, and when not, to apply the kinesiology tape to an injury. There have been times which I may have been taping incorrectly which could delay or hinder my recovery. In the final pages of this book you will also find the different taping techniques that include different taping methods and the reasons to perform the taping in one way or another one. This is a short, but fairly comprehensive book which greatly increased my knowledge on taping and ensures that I do it correctly. This has also increased my interest in learning more as what this has shown has been beneficial to me. I did receive this quality product to try out at a discount for my unbiased and completely honest feedback. I do routinely provide feedback on products I try (paid or at a discount) so that other shoppers and friends may avoid some of the not so good choices on products they are looking for while avoiding the bad

products. I have found this to be an effective and quality product which is nice and performed as promised by the seller. Please, if you find this review to be helpful to you be sure to hit YES. Thank you and happy shopping!

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