

## **Kinesiology Taping & SpiderTech Pre-cuts**

Originally developed in 1987 by Nitto Denko of Japan, Kinesiology taping has been heavily used and continually developed in Japanese and Asian markets. Since 2007 it has been made available to North America and Australian markets alike and is becoming growingly popular with professional athletes. This tape has appeared on our TV's during the Olympic and Commonwealth games, and on various professional tennis and NRL players to name a few and can be easily noted by its vast array of colours and the lack of need for anchors or under-tapes seen with standard taping methods.

**Structural effects:** Dynamically supports a better postural position and prevents a harmful range of motion without the solid / hard end feel of rigid tape. It also reduces the strain placed on an affected muscle during activity.

**Neurological effects:** Increases sensory stimulation leading to a decreased perception of pain; increased stimulation of the skins endogenous analgesic system; restoration of normal muscle activation and function in both acute and chronic conditions; reinforcement of functional stability.

**Microcirculatory:** Creates a ripple / wave pattern formation in the skin to create pressure gradients to increase superficial fluid dynamics. It improves lymphatic drainage and is also used in the treatment of swelling, bruising and oedema.

SpiderTech Pre-cuts are specifically designed for individual joints or body parts to be used in the treatment of a varied range of pathologies. Precuts have been developed by experienced practitioner's and are continually improved for ease of use and effectiveness. Pre-cuts are 1 piece which allows for greater skin contact and neurosensory capabilities, and with less start / end points than with multiple strips of tape, it decreases the chance of the application peeling off or becoming less effective over days.

SpiderTech Kinesiology tape is made from a high-grade cotton material and made with 100% hypoallergenic acrylic glue. It is manufactured to be the same weight, thickness and elasticity as the skin and is therefore able to integrate with the body's sensory system naturally. The tape is also water resistant, breathable and can be worn for up to 5 days with a single application.

While normal rigid tape provides a solid structural / proprioceptive effect, it comes with a higher risk of skin irritation, breaths poorly, reduces available range of motion and can only be worn for 2-3 days maximum.

Kinesiology tape can be used in the treatment of:

- Acute and chronic injuries
- Low back pain and disc injuries
- Muscle strains / tears, tendinopathies or ligament strains
- Neck pain, headaches and whiplash
- Shoulder rotator cuff injuries / impingements
- Joint instability and / or muscle imbalance
- Shin splints; plantar fasciitis; ankle sprains / instability
- Tennis / golfer's elbow
- ITB syndrome; hip bursitis
- Arthritis and meniscal degeneration
- Postoperative recovery
- Lymphodema
- Postural correction
- Improved athletic performance
- And more.

For more information [call us](#) at Quay Street Physiotherapy or go to [www.spidertechtape.com.au](http://www.spidertechtape.com.au).