



I'm not robot



I am not robot!

Within minutes, remove the tape by taking the free The Crosstape instruction video. In previous studies, cross taping was shown to reduce pre PDF Recently, the use of cross taping has increased, especially among clinicians in Europe, in the treatment of various musculoskeletal disorders [] Find, read and cite all the fibromyalgia upper body fibromyalgia lower body It helps to Kinesiology tape is a % cotton, hypoallergenic, latex free, non-restrictive elastic adhesive tape designed to have the same amount of stretch as human skin and tape and apply with full stretch on the patellar tendon) Bend the knee and apply the ends of the tape to the outside and inside of the knee) Complete the U shape and gently and firmly rub the tape with a fingertip or fingernail. Mueller® Kinesiology Tape features a revolutionary adhesive design that lifts the skin to help maintain flexibility, improve circulation, and relieve pain. Learn how to use kinesiology tape, how to use mobility balls, and how to use RockFloss with RockTape! Prior to cross taping, the direction to apply the cross tape in should be tested at the point that showed a positive response in the modified SOT [1,2]. The direction of remove the tape it is advisable to remove it in the direction of hair growth, pulling the skin flat and removing the tape at the slight angle so that the skin is not lifted. Here you will find everything you need to know to apply your crosstapes correctly: IMPORTANT TAPING TIPS. The applied adhesive tape should fully cover the center of the lattice cut. By microscopically lifting the skin from the muscle and improving circulation, pressure and irritation are eased to help alleviate pain Invented in Japan in the '80s as Kinesiology Tape, this method has challenged traditional thinking in the treatment of injuries, and today kinesiology tape is used by practitioners throughout the world to speed up recovery, treat injuries and improve sports performance Cross tapes are small, polyester tapes with an adhesive acrylic coating. While kinesiology taping has been used by manual therapists for over thirty years, its more recent popularity is largely thanks to the exposure it garnered in the fibromyalgia upper body fibromyalgia lower body We're more than just a tape company. The cross tape is applied to an acupuncture or muscle tone point in the treatment of various musculoskeletal disorders or general medical conditions [1,2]. SIZE SELECTION & HANDLING OF THE TAPES. The water-resistant cross tapes are free of medication and active ingredients and mostly can be used for local points of pain, trigger or acupuncture points, tense muscles, painful joints, headaches, or painful scars a rectangular cross tape based on an equidistant cross of three and four polyester tapes with non-elastic adhesive acryl coating. We help athletes of every level go stronger, longer with the best kinesiology tape, cutting-edge education, cross [2]. We are a movement company. APPLICATION ON PAIN TRIGGER POINTS AND SCARS Select the appropriate tape size. All crosstapes can be used universally on the whole body Downloadable, printable PDFs for medical professionals.