

## Kinesio Tape

### Providing Longer Lasting Effects to Your Chiropractic Treatments

#### What is Kinesio Tape?

- ✓ An elastic therapy tape invented by a chiropractor in 1984
- ✓ Mimics the thickness of skin
- ✓ Made of 100% cotton and elastic fibers
- ✓ Hypoallergenic
- ✓ Latex-free
- ✓ Medicine-free



#### How does Kinesio tape work?

- ✓ With an adhesive applied in a pattern similar to that of a fingerprint, Kinesio tape stimulates the nervous system to improve blood flow, muscle function, and inflammation.
- ✓ Despite being labeled as a 'tape', Kinesio Tape allows for full range of motion
- ✓ Kinesio Tape lasts for 3-5 days and can be worn in the shower



#### What conditions can Kinesio Tape help treat?

- ✓ Headaches
- ✓ Low Back Pain
- ✓ Shoulder Pain
- ✓ Plantar Fasciitis
- ✓ Knee Pain
- ✓ Shin Splints
- ✓ Tennis/Golfer's Elbow
- ✓ Carpal Tunnel
- ✓ Achilles Tendonitis
- ✓ Constipation



## Questions About Kinesio Tape?

Call (631-352-7654) or Email ([PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)) Dr. Arnold!

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