

Kinesio® Medical Taping For the Mature Adult

Treatments for:

- Osteoarthritis
- Knee Pain
- Hip Arthralgia
- Back Pain
- Numbness
- Foot & Hand Deformation
- Decreased Grip Strength
- Diabetic Neuropathy
- Bed Sore Abatement

And so much more...



Dr. Kenzo Kase®

Author, Founder and Inventor of the Kinesio Taping® Method



Kinesio® Medical Taping

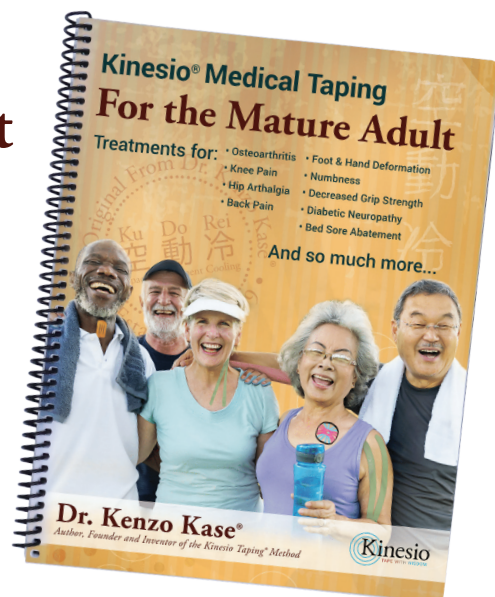
For the Mature Adult

Introducing our newest book, *Kinesio® Medical Taping for the Mature Adult*. Dr. Kenzo Kase's new book provides every day people and practitioners the opportunity to advanced their knowledge and skills in addressing numerous health related conditions and wellness issues for the mature adult. With the continued changes and challenges impacting healthcare the Kinesio Taping® Method can become an integral part of treating numerous conditions at home or in the clinical setting.

Kinesio Medical Taping for the Mature Adult is a very versatile book, as it is not only an aid and educational guide for practitioners, but also provides easy to use, easy to learn instructions for the average person to apply the Kinesio Taping Method applications on themselves.

Drawing on his own experiences, Dr. Kase provides easily relatable scenarios that affect the mature adult community on a daily basis, and a means to alleviate those scenarios through taping applications.

Additionally in this book, Dr. Kase introduces some of his newest Kinesio Medical Taping applications. KMT™ provides an advanced level of Kinesio Taping. These techniques were formulated in a clinical environment to support active older adults in addition to improving patient outcomes in palliative care. This knowledge is also crucially useful in the practitioner/clinical setting, helping to provide additional care for mature adult patients while using a specifically formulated tape that is very gentle and low-impact on the skin. This new tape is called Kinesio Tex Light Touch+, and is the only tape of it's kind on the market that is specifically formulated to be gentler on the skin while achieving phenomenal results.



Introduction DR. KENZO KASE®

It's been more than 40 years since I introduced the Kinesio Taping Method to the world. In that time I have written many books on Kinesio Taping. Many of my titles in English and Japanese have been either for therapy or for general use, sometimes for both. I've produced about 100 books for general use. In these I introduce taping and other therapies in various settings such as daily life and sports issues.

Science has advanced in the meantime. I have long been aware that skin and subcutaneous tissue are related to health and diseases in the human body. Recently, papers and research supporting this concept have been released. Looking at those research papers, I could not help but think "Ah, as I expected," and "Thank you for saying so." I am glad but sometimes regret the time it took.

At the same time, my Kinesio Taping Method has also evolved. When it comes to Kinesio Taping, many people think of "pain in muscles and joints" and "those with sports athletes."

Well of course, I will handle things related to joint pain properly as well as newer concepts in this book.



Dr. Kenzo Kase®
New Mexico, USA, August 2020

Pain as a Skin Condition

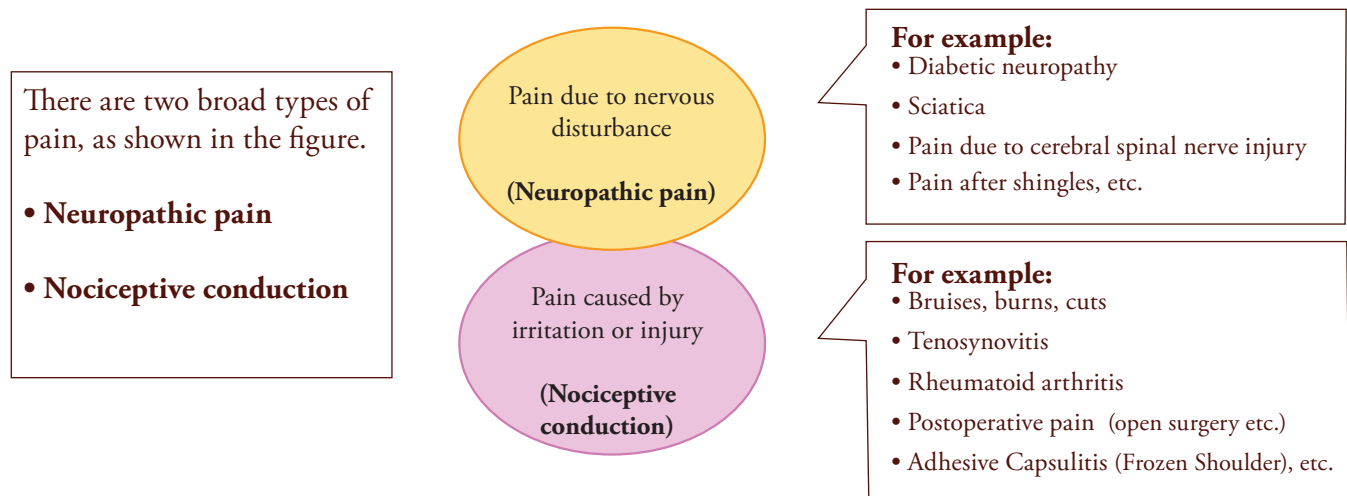
The mechanism of aggressive pain comes from the skin's surface. There are many pain receptors in the skin. This is because pain is one way to inform the body of danger when that danger comes from outside the body.

Why does Kinesio treatment relieve pain?

To benefit from the effect of Kinesio Taping “extremely weak stimulation” is often called for when utilizing this method professionally. This employs what is called the “Gate Control” theory of pain relief. It applies to the idea of managing pain. There are cases where pain-causing substances are made inside the body, as in the case of a stimulus, when pressure or heat is applied.

However, the nerve that conveys this pain to the brain is thin. When stimulus other than pain is applied, the neurotransmission may take another priority over pain. In this situation that mechanism of moderate to weak stimulation has the effect of relieving pain.

Know the Type of Pain



Fear of Relieving Pain WITH MEDICINE

When there is pain, such as headaches or low back pain, doctors may recommend an analgesic medication. I understand that feeling and the desire to swallow a pill and feel better. However, as a doctor, I do not like to rely on drugs.

And I often hear other doctors claim, “I do not want to use drugs,” but they are not clear on what the alternative is. You must understand that it is not my intention to be stingy or mean when I say this. Some may think that my words are unkind, but the real issue is conscience because we as doctors all know the side effects of medicine so it might be best of we also offered an alternative solution.

Relieve the Pain

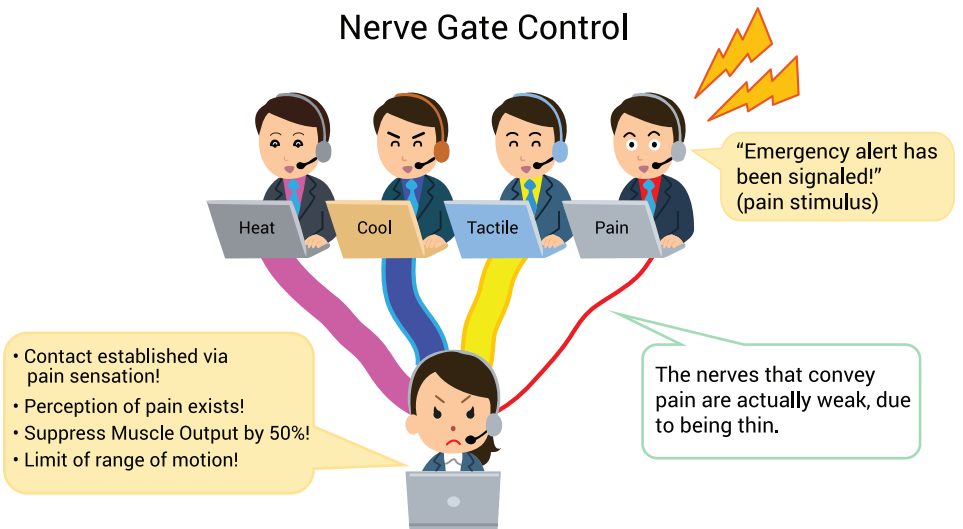
This is among the primary concepts of Kinesio Medical Taping to relieve pain. This approach to addressing pain is called “**gate control theory**.” The theory explains that non-painful sensations can reduce painful sensations so that you don’t feel pain. This can apply to Kinesio Taping as there are many nerves in the skin and by applying a weak stimulus (make sure it is not too strong) with the tape, the nerves work to hinder the transmission of pain.

This effect occurs naturally when you put tape on for the purpose of fluid movement or muscle function.

However, when there is a strong pain, it makes sense to target the area of pain for relief. In that case we recommend Kinesio Medical Taping using a web cut, snowflake, fan cut or an EDF® taping application.

Pain Gate Theory

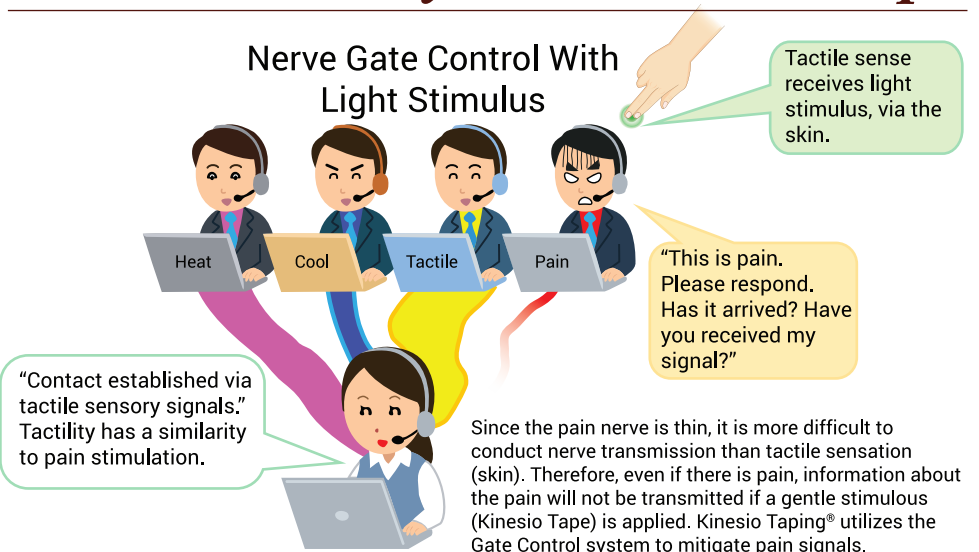
Nerve Gate Control



Kinesio Medical Taping provides joint and muscle taping, stabilizing techniques, and fan cuts for edema and bruising. These all work with the lifting action – the negative pressure – of the tape. Over the years I have observed that applying tape to the epidermis in some cases provides instant pain relief. This is a benefit itself, but it also helps the patient to feel better and thus can move forward the rehab or healing process.

Pain Gate Theory, with Kinesio® Tape

Nerve Gate Control With Light Stimulus



Placing the Tape on the Body:

How do I know where to put the tape? For example, it is painful if you put on the tape to the belly of the person whose complaint is back pain. Start with the location of the pain. When you are taping you start with the places where it hurts. Clean and dry skin prior to application; body hair may need to be clipped or shaved

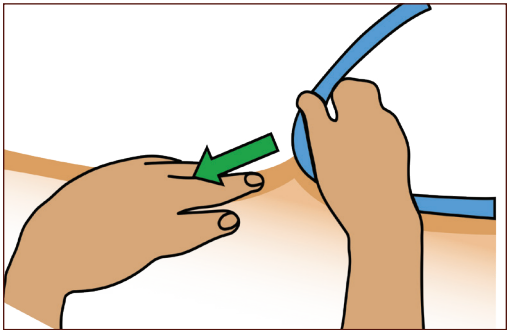
If you wish real insight to be able to assess and put on a tapping application as shown in the examples previous to this, we encourage you to attend the Kinesio Taping Association seminar, or consult a trained therapist.

How to Remove Tape Without Pain

It is also important to know how to remove Kinesio Tape. Do not pull it off quickly like a “band-aid.” Instruct the wearer carefully: “It won’t hurt if you peel it off like this.” The way to peel it off is as follows.

It does not resist hair so usually remove it in the direction of the hair. Lift the tape slightly and peel off little by little to push the skin downward. Repeat in small sections until tape is removed completely

If you do it like this, it does not hurt so much. You are essentially pulling the skin back from the tape rather than pulling on the tape.



Do not do this

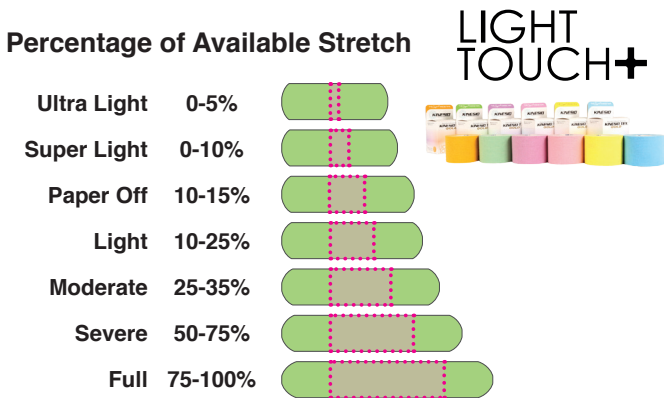
Some people assume that they should remove the tape after the glue softens after taking a bath. This should not be done. Skin is also softened, so it may hurt the skin.

Tape’s adhesive is 100% medical grade, acrylic, and heat-activated so be careful with anything that heats up the tape. For example: heating pad, sauna, hot tub, blow dryers or infrared modalities.

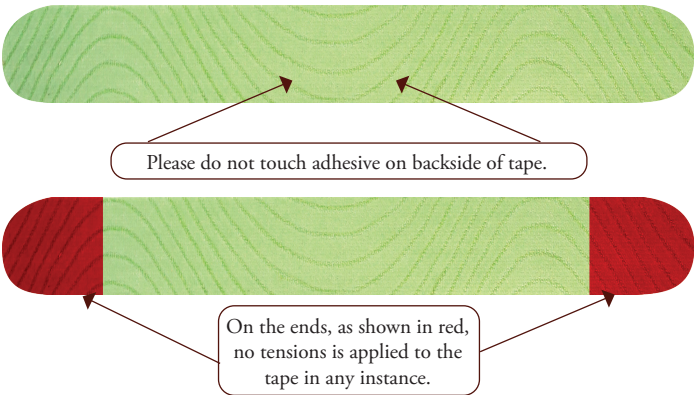
The Tension on the Tape

For proper tape application, I will give you direction and tension every time in this book.

Excessive tape tension is strongly irritating to the skin. If itching or discomfort occurs, please remove tape immediately.



There should be zero percent (0%) tension in anchor and ends.



SELF TAPING QUADRICEPS:

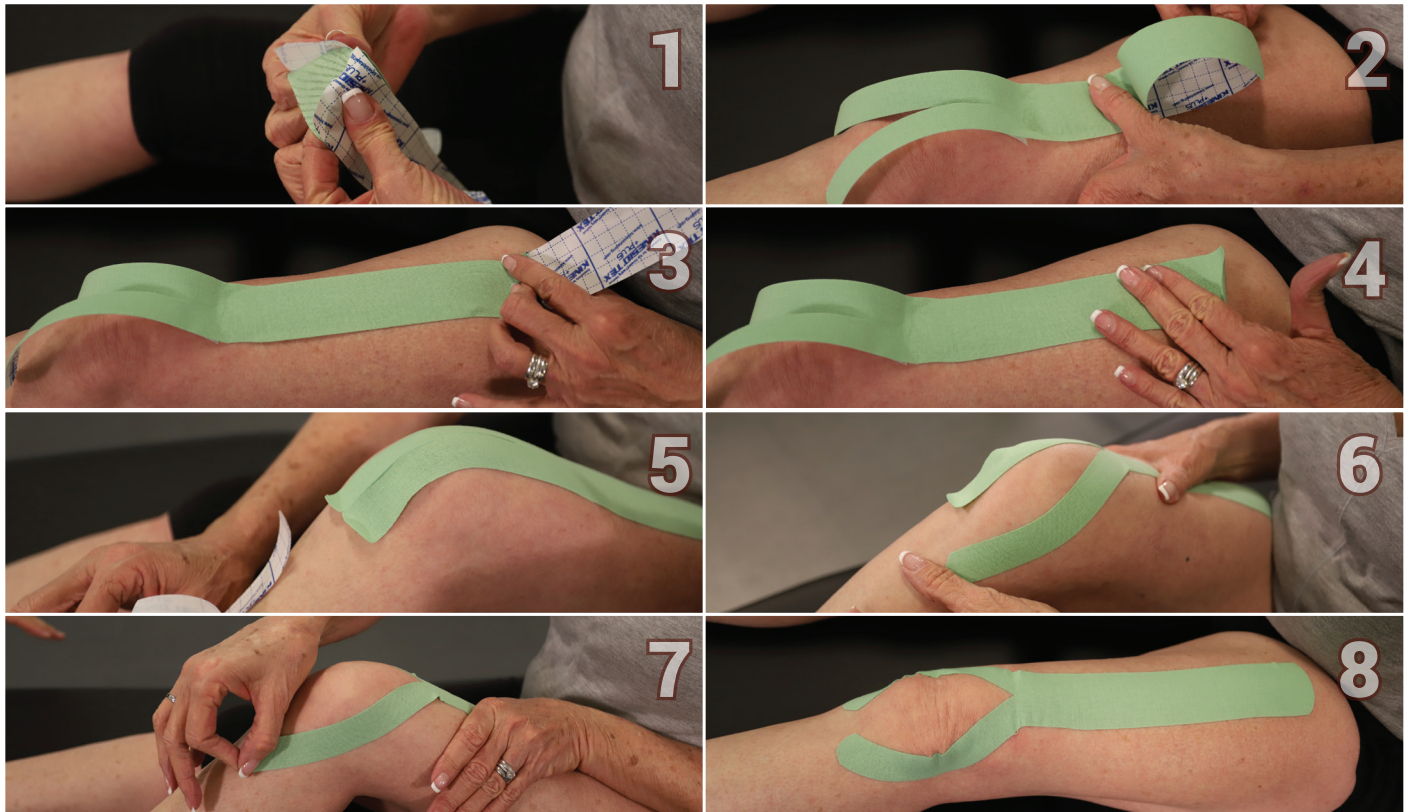
KINESIO TAPING® METHOD (Knee Pain 1)

“I cannot get across the street fast enough during the green light.”

MAIN SYMPTOM	ADDITIONAL SYMPTOM 1	ADDITIONAL SYMPTOM 2	TAPING DIFFICULTY LEVEL	TAPE TENSION LEVEL	TAPE CUT
Osteoarthritis of the knee	No power in front of the thigh	Make hands rest on your knees	Simple	Minimal Tension	 Y-Strip

This Kinesio Taping application is the one used most frequently for knee pain. The application is designed to correct the function of the “quadriceps femoris” muscle which allows the knee to extend correctly. Implications of dysfunction in this muscle group may be as simple as walking too slowly to safely cross during the green light of the pedestrian crossing. This taping is a distinct “quality of life” issue. Furthermore, for a growing child their knees may experience what we know as “growing pains.” This taping application may also be used to address this issue. This application is also helpful for the pain of too much walking, or for elderly people. Young to elderly people can use it regardless of age or gender.

Tape to be prepared: Kinesio Tex Light Touch+ 5cm×40cm (2-in x 16-in) Y strip



How to put on the tape

1. Tear the backing paper at the break of the Y strip, where the tails begin to separate.
2. With the knee straight, place the uncut portion of the Y strip directly before the Y separation 5-8 cm above the kneecap.
3. Put the upper base of the tape (which is essentially an I-strip) in 20% tension on the front of the upper thigh.
4. Anchor the very top of the tape strip without tension.
5. Bend the knee as much as possible. Tear off backing paper in the direction of the kneecap.
6. Place one hand on the upper end of the tape, stretching the tissue toward the midsection. Apply tape tails downward at 70% tension on either side of the kneecap.
7. Continue to stretch tissue on the thigh in the direction of the midsection. Put tape in 70% tension on each tail of the Y strip to surround it around the kneecap.
8. Completed application.

SELF TAPING\HANDCLAW

KINESIO® MEDICAL TAPING

“It is hard to walk while carrying a shoulder bag.”

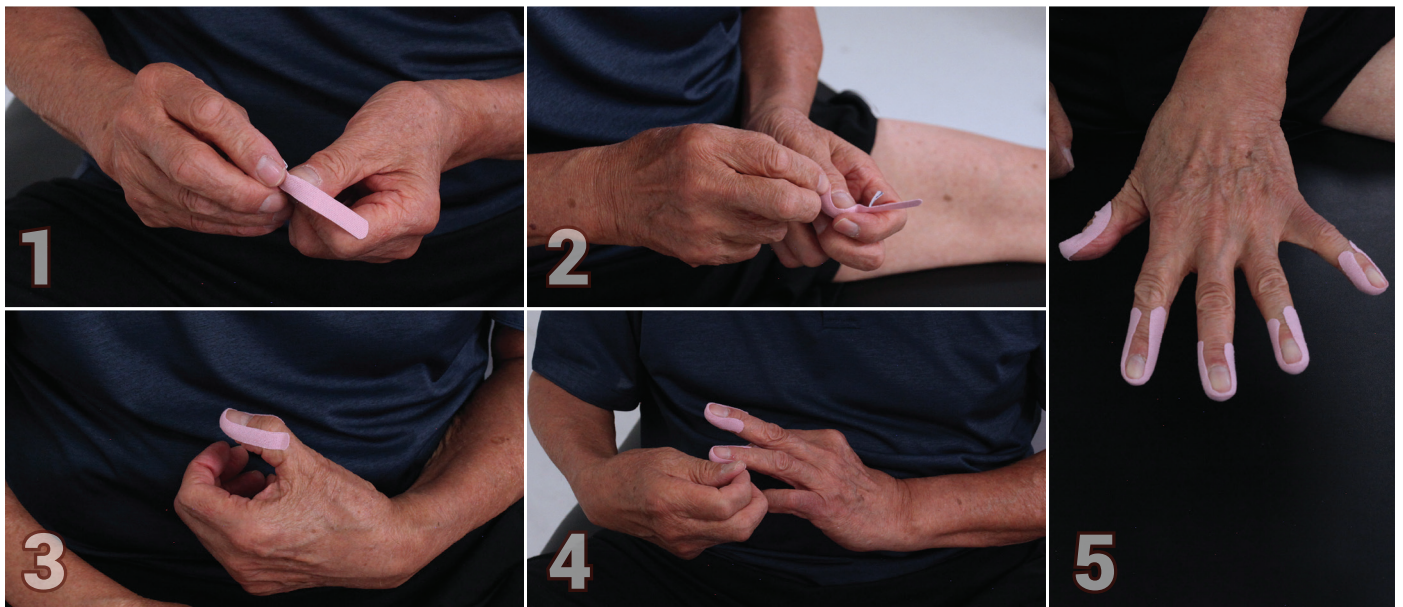
MAIN SYMPTOM	ADDITIONAL SYMPTOM 1	ADDITIONAL SYMPTOM 2	TAPING DIFFICULTY LEVEL	TAPE TENSION LEVEL	TAPE CUT
Grip strength fell	Detailed work got harder	Nails break	Simple	Light Tension	 I-Strip

In addition to protecting the nails, this taping application helps coordinate the movement of the fingertips with the brain through the skin. The nail contains sensitive nerve endings, so we protect the sensitivity of the fingers.

Tape to be prepared

Kinesio Tex Light Touch Plus 1cm× 5cm I-strip (3/8-in x 2-in) 10 pieces.

Cut the tape lengthwise so as to properly utilize the stretch.



How to put on the tape

1. Tear the backing paper in the center of the I-strip and peel back to the ends. You may use this backing paper to manipulate the ends of the tape without touching the adhesive. Anchor at the tip of the finger and fingernail with no tension.
2. Apply tape from the tip of the finger in 5-10% tension on both sides to cover the point of the fingernail.
3. Finish with no tension on the ends.
4. Repeat this procedure on the other fingers.
5. Completed application.

PECTINEUS MUSCLE

KINESIO TAPING® METHOD

“Measures Against Arthritis.”

MAIN SYMPTOM	ADDITIONAL SYMPTOM 1	ADDITIONAL SYMPTOM 2	TAPING DIFFICULTY LEVEL	TAPE TENSION LEVEL	TAPE CUT
Frequent urination	Urine leak/feeling of residual urine	Constipation	Simple	Minimal Tension	 I-Strip

This tape application becomes an auxiliary tape of the adductor muscle. In addition, this pubic muscle, including the adductor muscle, works on the stability of the pelvis, and it is also an effective tape for frequent urination, residual urine, urinary leaks, etc. due to weakening of the pelvic floor muscle as this group of muscles ages.

Tape to be prepared

Kinesio Tex Light Touch Plus 5cm×15cm (2-in x 6-in) I-strip



How to put on the tape

1. Tear the backing paper near the base of the I-strip. Apply the base with no tension just to one side of the pubic ramus.
2. Use one hand to stabilize the base of the tape and pull proximally to increase tissue tension.
3. Apply the end of the tape to the posteromedial aspect of the proximal thigh. Lay down the end with no tension.
4. Completed application.

NECK LIFT - UP

KINESIO® TAPING® METHOD

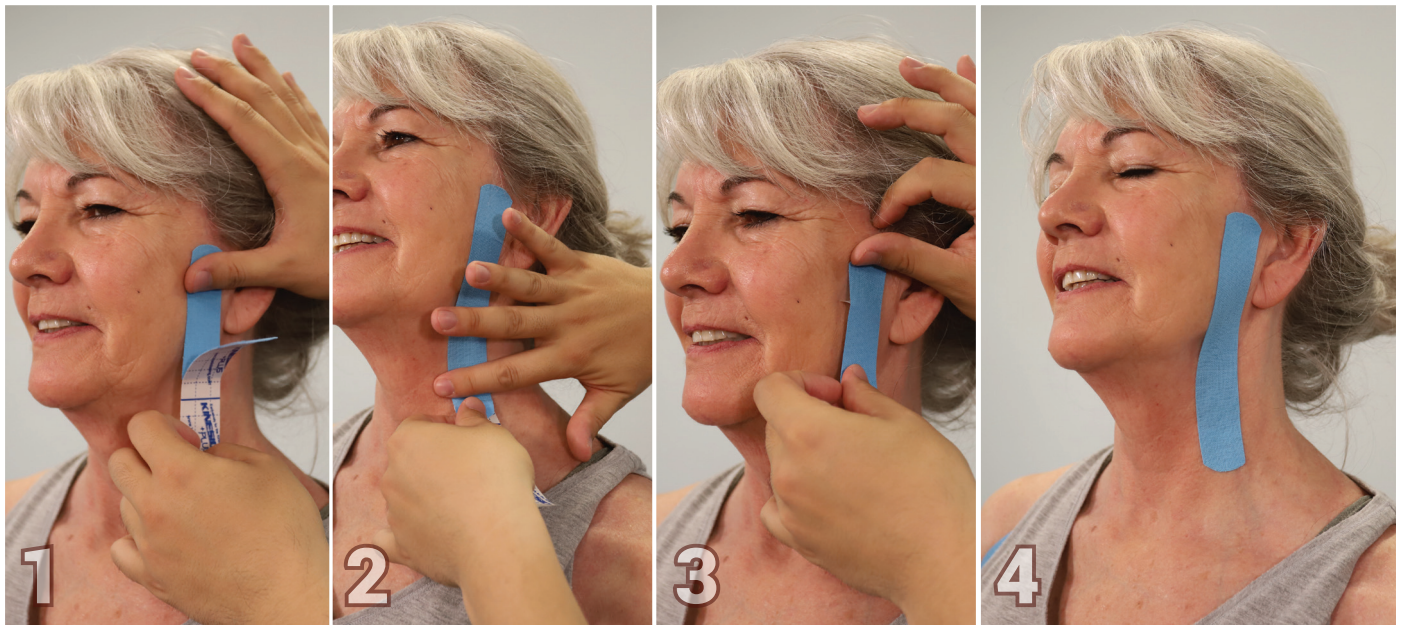
“Measures Against Dysphagia.”

MAIN SYMPTOM	ADDITIONAL SYMPTOM 1	ADDITIONAL SYMPTOM 2	TAPING DIFFICULTY LEVEL	TAPE TENSION LEVEL	TAPE CUT
Concerned about the wrinkles of the neck. Dysphagia	Eating (drinking) things are hard to swallow	Difficult for face up	Simple	No Tension	 I-Strip

Here's little test. Hold a mouthful of water, pull down the skin of your throat downward and try to swallow. It will probably be hard to swallow. When swallowing, the throat moves upwards, and this movement is hindered when skin is pulled downward. As age progresses around the neck, the skin sags and is pulled by gravity, making it harder to swallow. Apply this taping technique and it may make swallowing easier.

Tape to be prepared

Kinesio Tex Light Touch Plus 2.5cm×15cm (1-in x 6-in) I-shape 2 pieces



How to put on the tape

1. Apply the base of the tape to the lateral side of the zygomatic arch.
2. Stabilize the base of the tape and pull the skin upward on the head to increase tissue tension.
3. Laterally flex the head and neck toward the opposite side. Apply the end of the tape to toward the lateral neck below the jaw.
4. Repeat on the other side for a completed application.

Light Touch+ is:

Kinesio Tex Light Touch+ Basics:

- High Grade Cotton for Breathability and Comfort
- Hypoallergenic and Latex Free
- Water Resistant
- Micro Air Pocket Technology
- Targets the Epidermis, Dermis and Fascia
- For Optimal Results Apply between 0 and 75% Tension
- Wearable for up to 24 hours
- Easy Application and Removal
- Available in six (6) unique pastel colors
- Made in Japan, Packaged in the USA  



There are several grades of tape that I designed now manufactured in Albuquerque, New Mexico. I devised a way that I think we can add appropriate stimulus and power to the affected area. The tape I made first was Kinesio Classic and it was for sports.



Today we have more of an emphasis on pain relief. This is the reason for my new focus on Kinesio Medical Taping and EDF® Taping applications - the Epidermis, Dermis, Fascia taping applications which will be further explained later.

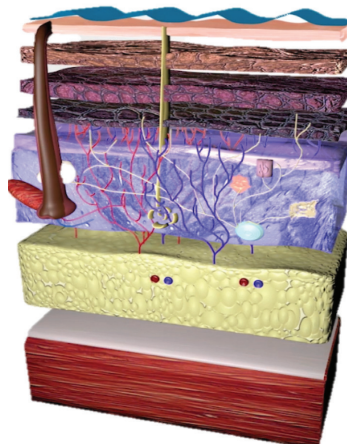
Among them, this book features my tape “Kinesio Tex Light Touch+” which is a tape that uses a gentle adhesive so it is a good tape for both pediatric and geriatric taping. Light Touch tape targets the dermis and superficial skin layers, attracting fluid and creating space with air pocket technology. This particular tape is made in Japan using high grade cotton and then is packaged here in the United States. In Japan we sell this tape under the name “Kinesio Tex Plus Wave.”

Gentle enough for all skin types. Kinesio Tex Light Touch+ is the perfect solution for any patients not previously candidates for elastic therapeutic tape. From pediatric to geriatric to anyone with a tendency to skin sensitivity.

Kinesio Tex Light Touch+ is recommended for the applications in Kinesio® Medical Taping for the Mature Adult book.

The role of skin and Kinesio Tex Light Touch+

The body is able to repair, regenerate and heal from within - but sometimes it needs help. Kinesio Tape can assist the body's healing process. Kinesio Taping applications utilize patented technology to lift the skin and allow the body's natural healing process to take place. The features listed above make Kinesio Tex Light Touch+ appropriate for these geriatric taping applications and for any patient with compromised skin, sensitivity issues or weakened skin.



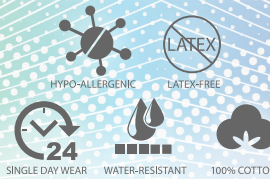
- Skin Prevents the loss and permeation of fluid.
- Skin regulates temperature.
- Skin can sense stimulation from the outside.
- Skin protects body from microbes and physical stimulation.
- Membrane that encloses human stem cells.



Exclusively for the Kinesio Taping® Method

KINESIO® TEX GOLD

GENTLE ENOUGH FOR ALL SKIN TYPES



LIGHT TOUCH+

FREE TAPE SAMPLE

***Kinesio® Medical Taping
for the Mature Adult.***



Scan this QR Code to learn more about Kinesio® Medical Taping
for the Mature Adult & Kinesio Tex Light Touch+ Tape.

LOOK INSIDE FOR

FREE

TAPE
SAMPLE

FREE

TAPING
APPLICATIONS

FREE

SNEAK-PEEK
OF OUR NEW
BOOK!

Try Kinesio Taping® to be freed from
pain, stay active or deal with the chronic
conditions that come with aging.

**Live a healthy, happy and
active lifestyle.**



Stay **Connected**

  /KINESIOTAPEOFFICIAL
  @KINESIOTAPE

Learn Kinesio Taping® with Kinesio University Online and In-Person Courses.