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### Kinesio taping – Why it works and how it works?

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**Introduction:** Kinesio-taping is gaining increasing popularity and is being used as a tool of choice in the treatment of many clinical conditions. It can be used right from the acute to chronic stages of rehabilitation. Conditions treated by the tape include but are not limited to acute ankle sprains, AC joint pain, Achilles tendinitis, shin splints, carpal tunnel syndrome, bursitis, lymphoedema, menstrual pain; pregnancy related back pain, headaches, malfunction of patella, ligament and meniscal injuries, sinus pain etc.

**Objective:** The aim of the presentation is to study the physiological effects and scientific basis behind the effectiveness of the Kinesio tape. How it works and why it works?

**Philosophy:** The tape is designed to behave similar to that of human skin. The human skin is the largest sensory organ of our body, through which desired motor outputs can be achieved. Thus application of the tape on selected sensory receptors on the skin can give us the desired therapeutic motor effect. This means that we use the tape to reduce pain, swelling, inflammation, to facilitate or inhibit motor function of the muscles, to provide pro-prioceptive stimulus, to facilitate drainage of lymph through lymphatics and so much more.

**Mechanism of action:** Kinesio tape when applied to the skin with minimal tension creates convolutions under the skin, which in turn increases the space under the skin to promote healing and channelize the flow of fluids away from and into the affected area to promote healing of an injured tissue. This forms the basis of the healing process in the acute phases of rehab. Applications and different tape tensions thereafter change to modulate the body's healing mechanisms while still giving it a protected environment to avoid further damage and enhance tissue healing and correct function.

**Properties of the tape:** The tape is hypo-allergic, can be used for geriatric to pediatric populations, latex free, can be used during sports, including in water to correct function, is durable and stays on for 3-5 days once applied. It was invented to be a therapeutic prescription in between the physiotherapy treatment sessions, so the effects of treatment persist for the next session

### Biography

Sujata Khire has completed her Masters in Physiotherapy with specialization in Cardio pulmonary rehabilitation. She has been into clinical practice for more than 12 years, with major interests and exposure in the field of musculoskeletal and sports rehabilitation. She is certified Kinesiotaping Instructor from the Kinesiotaping Association International, USA. She is also a certified Dry Needling Instructor from The Dry Needling Institute, South Africa. She is currently on a private practice in Dubai.

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