RIGID OR ROCK? YOUR GUIDE TO TAPING

KINESIO® TAPE

Kinesio® Tape comes in many different brands including RockTape, which we use here at the clinic, KT Tape® and Dynamic Tape®.

Kinesio® Tex Tape (to give it its full name) is made from a very thin, breathable, 100% cotton fabric. It has a medical grade heat-activated adhesive and is non-medicated and latex free – making it very skin friendly. It is designed to mimic the skin and so has maximum stretch, recoil and thickness properties almost identical to human skin.¹

Benefits:

1. Decrease pain
2. Decrease swelling
3. Allows full range of motion
4. Can be worn up to five days at a time

Kinesio® Tape can be useful for a number of conditions which include but are not limited to;

1. Achilles tendinopathy
2. Tennis/Golfer’s elbow
3. Patellofemoral Pain Syndrome
4. Plantar Fasciitis
5. Ankle sprains

RIGID TAPE

Rigid strapping tapes provide strong support for joints during high-stress sport activity, minimising excessive joint activity that can cause injury.² They provide physical barriers to movement, as well as enhancing proprioception and muscle function.³

Benefits:

1. Increase stability
2. Limit full range of motion
3. Prevent re-injury

Rigid taping can be useful for a number of conditions which include but are not limited to;

1. Ankle sprain
2. Knee instability
3. Shoulder instability
4. Plantar fasciitis

¹ Please note: this information is provided as general information and a guide only. Clients are advised to consult with their own Osteopath for further advice.

Dr Kathryn Toohey

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References:


Picture Credits:

2. https://www.sportstek.net/victor-rigid-retail.htm