



**Back In Motion**

| Sports Injuries Clinic, LLC

# Kinesiology Taping Fundamental Applications

Instructional Guide  
To Accompany Online Course

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# Sample excerpt from course guide

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# Kinesiology Taping Fundamental Applications

## Supplement to Video Instruction



In order to become an effective kinesiology taping practitioner, you need to both understand the physiological and anatomical principles behind the technology as well as master the tactile and dexterous nature of the process.

### **Learn and Apply**

This course is designed to help you achieve both goals through a multi-discipline approach. In the next four chapters, you will walk through each of the basic applications, step-by-step. You'll learn when and how to employ each technique. Each application described in the text corresponds to a video demonstration

that is part of the course materials. We recommend that you view the video, read through the process, and then practice the technique on a subject using kinesiology tape. By viewing, hearing, studying, and applying each technique, you will develop not only an understanding of the procedure but also a sense of the subtleties that underlie its practice.

Finally, once you've thoroughly studied and practiced all techniques, we recommend that you seek additional instruction through a hands-on seminar or classroom course taught by a recognized authority in kinesiology taping.

## Infrapatellar Tendon

This application is suitable for treating Infrapatellar Tendinosis, Jumper's knee.

### Goal

Apply this technique in order to reduce tensile forces across the infrapatellar tendon.

### Patient Preparation

The patient is positioned prone with the involved knee exposed. Excessive body hair may need to be trimmed.

### Strip Preparation

Prepare Two 4-inch I-strips.

Figure 5.9-5.11: Above left – Glide the patella anteriorly and distally while simultaneously applying maximal tension to the I-strip; Above right - Stretch the middle one-third of the second strip of tape to maximal tension; Below – finished application.



### Procedure

#### First 4-inch I-strip:

- The patient is placed in a supine position with the knee flexed.
- Fold and crease an I-strip approximately 1½ inches from its end.
- Tear backing along the crease.
- Apply base of the tape starting at the superior margin of the patella with no tension.
- Exposing the paper backing of approximately the middle third of the I-strip.
- Contact the superior margin of the patella with the web or palm of your opposite hand.
- Glide the patella anteriorly and distally while simultaneously applying maximal tension to the I-strip, laying the tape inferiorly toward the tibial tuberosity.
- Adhere the remaining one-third of tape along the same path with tape-off tension.

#### Second 4-inch I-strip: Apply at the inferior margin of the patella.

- Fold the I-strip in half, forming a crease. Tear backing along the crease.
- Fold back approximately one 1-1½ inches on each side of the crease to expose the undersurface of the tape.
- Stretch the middle one-third of the strip of tape to maximal tension and adhere the superior margin of the tape to the inferior patellar pole. Apply the remaining middle one-third tape down with a strong anterior to posterior pressure and inferior distraction.
- Peel the remaining 1½ inches off of each medial and lateral aspects of the I-strip and adhere at tape-off tension.