

KINESIO TAPING:



Kinesio tape is a special kind of therapeutic taping used to treat painful neuromusculoskeletal conditions. The tape is made of a breathable, hypoallergenic, elastic material and creates a very mild, continuous pull on the skin, designed to stimulate nerve receptors that can diminish the sensation of pain. Kinesio tape is worn continuously for several days at a time, and allows performance of normal activity including bathing/showering.