



TIP OF THE MONTH

Why Do Olympians Wear Kinesio Tape?

This colorful tape does more than help an athlete stand out. Kinesio tape is a unique, latex-free tape that aids in rehabilitating patients for multiple medical conditions. Kinesio tape was first introduced into the United States in 1995 but did not become readily available for public use until the 2008 Olympics. Since then, athletes and non-athletes alike have had Kinesio tape integrated into their rehabilitation programs.

Does wearing Kinesio tape improve athletic performance?

No, it does not. Studies have not found anything outside of a placebo effect in regards to improved performance. If it did, it would have likely been banned. Kinesio tape helps athletes mentally feel like they've done everything they can to prepare their bodies for an event. A little bit of mental encouragement can go a long way. Kerri Strug's [vault for gold in 1996](#) is an inspiring example.

So why do Olympians wear Kinesio tape?

For starters, it's convenient. Once applied, Kinesio tape stays in place for up to 5 days, it's waterproof, and the tape's elasticity mimics the skin, keeping athletes from sacrificing their range of motion. Kinesio tape is not able to heal injuries. Olympic athletes still have to go through physical rehabilitation programs just like us, but it will provide short-term pain relief and swelling reduction.

Is Kinesio tape for athletes only?

Not at all! Physical and occupational therapists use Kinesio tape regularly in conjunction with other treatments and modalities. Some of the conditions where Kinesio tape is used include:

- [Rotator cuff repairs](#)
- Total knee replacements
- [ACL reconstructions](#)
- Ankle/wrist fractures
- Sprains/strains
- Bursitis
- Tendonitis

Trained medical professionals should apply your Kinesio tape. Physical and occupational therapists use Kinesio taping in conjunction with other modalities and exercises in the clinic or home. Whether you are preparing for surgery, trying to rehabilitate post-operatively, or getting back to walking or playing sports after an injury, ask if Kinesio tape could help you.



Featured Article: [Hot Weather Exercise Tips](#)

As the temperatures continue to rise, we have decided to put together a few hot weather exercise tips to consider while staying active and for staying hydrated through the summer...[more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Without passion, you won’t do something 100 percent. That’s the bottom line”

— Apollo Ohno

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Creamy Tomato Soup

This recipe was an instant hit. If you like tomato soup then you do NOT want to miss out on this one. The full recipe can be [found here!](#)



INGREDIENTS

- 24oz jar of Rao’s Homemade Marina Sauce
- 1 cup chicken broth
- ½ cup heavy cream
- 2 T tomato paste
- 2 T sugar/sugar substitute
- Salt and pepper to taste

DIRECTIONS:

- Puree the marina sauce in a blender until smooth
- Add all ingredients into a medium-sized pot and stir with a whisk until combined
- Heat to the point of simmering
- Add salt and pepper to taste and enjoy!