



TIP OF THE MONTH

**Kinesio Tape:
Not Just for Athletes!**

Kinesio tape is a unique, latex-free tape that aids patients with multiple medical conditions. Kinesio tape was first introduced into the United States in 1995 but did not become readily available to the public until the 2008 Olympics. The weight, thickness, and elasticity of the tape mimic that of normal human skin and it can be worn for 3-5 days as long as there is no skin irritation.

How Does Kinesio Tape Work?

When kinesio tape is applied correctly, the skin beneath the tape sends a signal to your nerves to contract the muscles. This contraction can help:

- Stabilize a joint
- Act as a postural aid
- Promote muscle facilitation or inhibition.

Kinesio tape can also help patients with lymphedema to achieve proper lymph drainage and decrease swelling.

Does Kinesio Tape Improve Athletic Performance?

No, it does not. Studies have not found anything outside of a placebo effect regarding improved performance. If it did, it would have likely been banned from athletic events. Kinesio tape does help athletes mentally feel like they've done everything possible to prepare their bodies for an event. A little bit of mental encouragement can go a long way.

Who Can Benefit from Kinesio Tape?

Physical and occupational therapists use Kinesio tape regularly paired 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
- [Plantar Fasciitis](#)
- Sprains/strains
- Bursitis
- Tendonitis

How do I take my Kinesio Tape Off?

DON'T TAKE IT OFF TOO FAST! It's not a Band-Aid.

1. Put some baby or cooking oil on the tape and let it soak for a few minutes to break down the adhesive.
2. Remove the tape in the direction of hair growth by slowly rolling down the tape and applying pressure on the skin with your hand.
3. Use oil to remove any extra residue.

If you're experiencing pain, please let us know. We have the skills and tools to help your body recover from pain and injury. Give us a call or visit us online for more information or to request an appointment.



Featured Article: [The 4 Stages of Recovery After an Injury](#)

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



"I am learning every day to allow the space between where I am and where I want to be to inspire me and not terrify me."

— Tracee Ellis Ross

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

No-Bake Trail Mix Bars

These [trail mix bars](#) are so easy to make, you can have your children help you make them! Here are other [variations](#) to check out.



INGREDIENTS:

Dry Ingredients

- 1 1/2 cups of rolled oats
- 1 cup of nuts
- 1/2 cup of seeds
- 1/2 cup of dried fruits
- 1/4 cup of dark chocolate chips

- 1/2 tsp of ground cinnamon
- 1/4 tsp of salt

Wet Ingredients

- 3/4 cup of peanut butter
- 1/2 cup of honey
- 2 tbsps coconut oil
- 1 tsp vanilla extract

DIRECTIONS:

1. Mix all dry ingredients in a bowl including rolled oats, nuts, seeds, dried fruits, chocolate chips, cinnamon, and salt. (Can toast the rolled oats or nuts beforehand for a toasted savory taste)
2. Add in all wet ingredients and mix until all ingredients are well combined.
3. Transfer the mixture to a baking tray lined with parchment paper and pat down firmly into all the corners of the tray until fully flattened.
4. Cover the mixture with parchment paper or plastic wrap and leave in the fridge for 2-3 hours.
5. When it's ready, remove the mixture from the baking tray. With a knife, cut down to size in squares or bars, and enjoy!