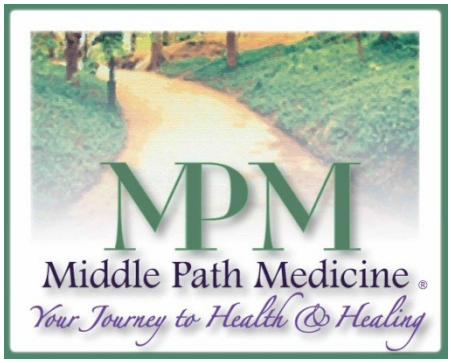

Myofascial Tape (Rock Tape) – The Colorful Tape Olympians Use

By: Bobby Maybee, DC

Let's set the record straight on Myofascial Taping. I for one am always skeptical of "the next big thing" in the rehab and exercise world. There is a new product rolling out every month it seems. So when Kinesio taping started to show up on my campus while I was a student, in workshops and in trade magazines, I fought hard not to roll my eyes and snicker at the doctors who jumped on the bandwagon.

Then I started to see it on elite athletes, Olympians, tri-athletes, and the now ever pervasive cross fit athletes. To continue in my journey to be an open minded, evidence informed, and logic based healthcare provider, I decided the only way I could ever give Myofascial Taping a fair shake was to dig in and do some research, study the information available, and decide once and for all without a bias. I went to a Myofascial taping seminar and was actually impressed with the proposed mechanisms for how the tape worked, the research available, and the safety and effectiveness of the application.

The kinesio taping method is a breakthrough taping technique for treating a variety of neuro-musculoskeletal conditions, including things like athletic sprains, strains, back pain, tennis elbow, knee injuries, shoulder pain, and even large or deep bruising. It gives me yet another tool to help patients in pain, or who need rehabilitation from injuries, rather than just the standard "pop and crack" at some chiropractic offices.

Kinesio taping facilitates the body's natural healing process by increasing soft tissue circulation while providing support and stability to muscles and joints. Essentially, more circulation equals faster healing. The kinesio tape supports the tissues without restricting the body's range of motion. It's like athletic tape but mobile, like a second skin. This is a huge advantage. This support and flexibility allows the person being taped to resume normal activities, and even EXCEL at them!

Kinesio taping encourages the lymphatic fluid to move from the high pressure areas to the low pressure areas and towards the working lymph nodes. The kinesio tape microscopically lifts the skin, forming convolutions in the skin thus increasing interstitial space and allowing for a reduction in inflammation of the affected areas. Pregnant women in the later stages of pregnancy even use the tape to give extra support to their bellies when the weight starts to get to be too much!

The tape is a big advantage to athletes and weekend warriors who have special events coming up, but need a little support for an already weakened or healing area of the body. For instance, a runner with a history of shin splints can come to the office and get her shins taped prior to her next run for extra support, reducing injury risk and increasing endurance.

The application of the tape is quick and easy, it lasts on the skin for up to five days. It is completely waterproof and latex free, and I was amazed on how well it worked. I was having some mild low back pain from digging up a few garden beds this fall, and I had my low back taped at the seminar. It felt extremely comfortable and supported, and within a few hours I even forgot the tape was on. This gave me enough relief to drive back from the seminar pain free, and then see MY chiropractor so he could adjust me and finish the job.

If you'd like to experience Myofascial taping, give us a call. You can be taped at any time by me here at MPM, no other appointments or treatments are necessary (but if you are getting taped for an injury, it is my responsibility to have a discussion about getting your injury fully treated). You can also add a taping application to any of your other MPM appointments for an additional fee. Contact us with any questions!

Your Journey to Health & Healing,
Bob Maybee, DC

References:

Upon Request

Website: www.middlepathmedicine.com
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