

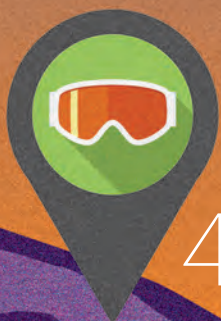
AdvanceHealing

Spring 2016

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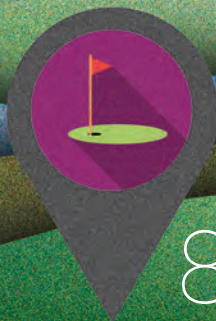
*How Kinesio keeps
you moving*



**4 ALPINE
SKIING**



**2 ULTRARUNNING
ADVENTURE**



**8 SWINGING ON
THE GOLF COURSE**



Editor's Letter

In the last few months, KTAI has been partnering on an informal basis with the Weeping Angels RSD Foundation. This is a grass roots organization founded to help bring awareness of Reflex Sympathetic Dystrophy (RSD) or Complex Regional Pain Syndrome (CRPS) and to educating those with RSD and those who love them. The group states: "We are here to inspire those who look down on themselves and to help them in any way possible" to proceed on a positive path. Their mission is to not only mentally support RSD "Angels" but to be able to go into hospitals and help educate new families, as well as helping them to obtain proper equipment and care. The Weeping Angels RSD Foundation supports fundraisers and events, as well as direct patient assistance: not only to build awareness of the condition but to facilitate positive outcomes along with it.

The key symptom is prolonged pain that may be constant and, in some people, extremely uncomfortable or severe. The pain may feel like a burning or "pins and needles" sensation, or as if someone is squeezing the affected limb. The pain may spread to include the entire arm or leg, even though the precipitating injury might have been only to a finger or toe. Pain can sometimes even travel to the opposite extremity. There is often increased sensitivity in the affected area, such that even light touch or contact is painful (called allodynia).

People with CRPS also experience constant or intermittent changes in temperature, skin color, and swelling of the affected limb. This is due to abnormal microcirculation caused by damage to the nerves controlling blood flow and temperature. An affected arm or leg may feel warmer or cooler compared to the opposite limb. The skin on the affected limb may change color, becoming blotchy, blue, purple, pale, or red.*

Dorothy Cole
Editor

If you are familiar with the benefits and physiological effects of Kinesio Taping, you are probably already nodding to yourself. In fact we spoke with one of the Weeping Angels organizers in January. At 21, she has had RSD since the age of 13. For four years, she has experienced the only real relief she has had through Kinesio Taping. At the time she met with CKTP Ron Frers, she was in her 30th month of pregnancy and had stopped using tape because someone at the hospital where she was receiving her prenatal care suggested that she stop until after the baby is born.

This raised some questions about pregnancy and Kinesio Taping. After some opinions from some of our KTAI experts, her husband sent us this update. "We spoke with the OB on Thursday. He was familiar with Kinesio Tape, and its functions. He didn't have any major concerns with it, he said to try it out and see how she reacted. But, he wasn't too concerned with it causing any trauma to the baby. We are pretty far along in our pregnancy, only having seven weeks left. So, I am not too sure about early term pregnancies, but it seems like it would be okay."

Does anybody have stories, opinions or case reports to add? With pharmaceuticals, pregnancy is an absolute contraindication in so many cases. However, Kinesio Taping should be safe throughout. Are there adjustments you would make to a pre-existing protocol?

Let us know at dcole@kinesiotaping.com or call me at (505) 856-2029 extension 124.

*http://www.ninds.nih.gov/disorders/reflex_sympathetic_dystrophy/detail_reflex_sympathetic_dystrophy.htm

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Profile: Tom Lechtenberg

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My path in trail running

When it comes to your mind to run 50 or even 100 miles it is not a matter of sport anymore. The performance itself is pointless. Your wish to live close to nature and finding real freedom is above all.





Of course to reach your goal, you will need to get through a few steps, like becoming a simple runner, taking time to make your body tougher, eating healthy... It's a long way, but at the same time, very often, the beginning of a new life, full of rewards and free feelings.

Then comes the time of your first "Ultra" run. It is all about MANAGEMENT: your backpack, your food, your sleep, your tiredness, your mental strength, your strategy, your pain and how you are going to deal with it. Because every Ultra race is an adventure: you will spend hard times and moments of great euphoria: this is the only thing you know before the start.

And in the hard times you will need support: support from your loved ones of course but also support with some smart stuff just like Kinesio Tape! For sure it won't make your Ultra run painless but it will help you for sure to make the pains come later or remain less present in your mind; of course you can focus on your pain tolerance but with these tapes wisely applied you can now easily negotiate with your pain.



Most Common issues in Ultrarunning or Trail Running

-  IT band syndrome, which you can even prevent with a tape before the race if you know you're vulnerable in this area.
-  Kneecap compression: Repeated contractions of quadriceps muscles during the long hours and shortening can make your patella so painful: once again a very easy Kinesio Tape application can help.
-  Tibialis anterior tendonitis is so hurtful: a simple inhibition could help to run maybe a few miles more.
-  Back support thanks to Kinesio Tape is also really appreciated after long time running with your backpack through steep downhills.

Ultra running is for sure about going out of your comfort zone, and you discover a lot more about yourself and the world around you. That doesn't mean that you need to suffer the most, so do yourself a favor and try the Kinesio Taping method to help you reach your goal!

During the most famous Trail Running event in the world, the Ultra Trail du Mont Blanc around Chamonix, Kinesio Taping France was involved all along the race to help runners managing their pain and becoming valorous finishers.

Actually as a runner myself and therapist, Kinesio Tape is one of the perfect answers for this kind of endurance activity.

See you on the trails!

THE AUTHOR

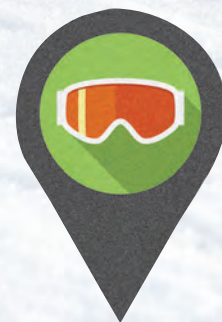
Arnaud Cognet

PT, CKTI



Cross Country Skiing and the Kinesio Taping Method

*Providing Great
Benefits for our Bodies*



Tony Agostini

LAT, CSCS, CKTI

THE AUTHOR

Cross country or Nordic skiing is one of the most healthy activities for our bodies and the Kinesio Taping Method using Kinesio Tex tape is one of the most effective means of returning our bodies to good health. Both have many benefits and here are just a few:

Nordic skiing is a total body workout which provides a holistic and balanced approach. Multi joint movements of all the major muscle groups of the total body are utilized at the same time. When using the Kinesio Taping Method we are also using a holistic and balanced approach by evaluating the total body looking for the cause of the injury and addressing the affected area of pain. The goal is to have the body reach homeostasis or good health.

Both are the King of their domains; Nordic skiing is the best aerobic exercise for calorie consumption because it uses every major muscle group which requires a great deal of energy. Nordic skiing also promotes healthy joint stress because it is low impact utilizing all muscle groups in a coordinated and balanced effort requiring good posture which is essential to reduce chronic muscular and soft tissue injuries. Kinesio Taping and Kinesio Tex tape is the number one elastic therapeutic tape in the world worn by over 50 million patients. With over 1,200 clinical applications, Kinesio Taping is appropriate for all stages of an injury and can be used to prevent injury. Kinesio Taping is the only

standard medical method taught globally with 30 years of research and clinical results, including over 400 studies from nearly 30 different countries. Also it is the official therapeutic tape of the Olympics since 1988.

Nordic skiing and the Kinesio Taping Method can be utilized for both pediatric to geriatric populations; As soon as children learn to walk they can start to learn how to Nordic ski. My son Anthony started at age 3 with very short skis and limited use of poles on a flat groomed course. Nordic skiing mimics the same motion as walking except you shuffle your feet and glide with each step. Kinesio Tex Tape can be applied to a 3 month old because at that time their neurological system has developed which is important for signals to be transferred from the skin receptors to the deeper layers of tissue below. Good skin integrity is very important from pediatric to geriatric for the use for Kinesio Tex Tape. If skin is fragile or healing Kinesio tape must be applied with caution.

I hope sometime you get to experience these two great health benefits for your body. I have competed in the third largest Nordic ski race in the world – The American Birkebeiner in Hayward, Wisconsin, and have used the Kinesio Taping method to recover quickly from injuries allowing me to be a top competitor in the masters division.

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Kinesio Named Official Training Tape of USRowing



by Allison Müller
USRowing Communications

PRINCETON, N.J. – USRowing is excited to announce Kinesio as the newest addition to its sponsor community. Kinesio Tape will be made available to USRowing Training Center athletes as they prepare for the 2016 Olympic Games in Rio.

“Kinesio has been helping USRowing athletes since the 2005 World Rowing Championships in Gifu, Japan,” said USRowing Team Physician Marc Nowak. “It is a staple of treatment for the management of acute to chronic musculoskeletal injuries and no rowing athletic training bag is complete without it.”

“Kinesio Tape is a rare product that consistently lives up to its claims and is limitless in its applications and uses. It will be a valued partner to the USRowing medical team in keeping our athletes performing at their best as we approach and participate in the 2016 Olympic Games.”

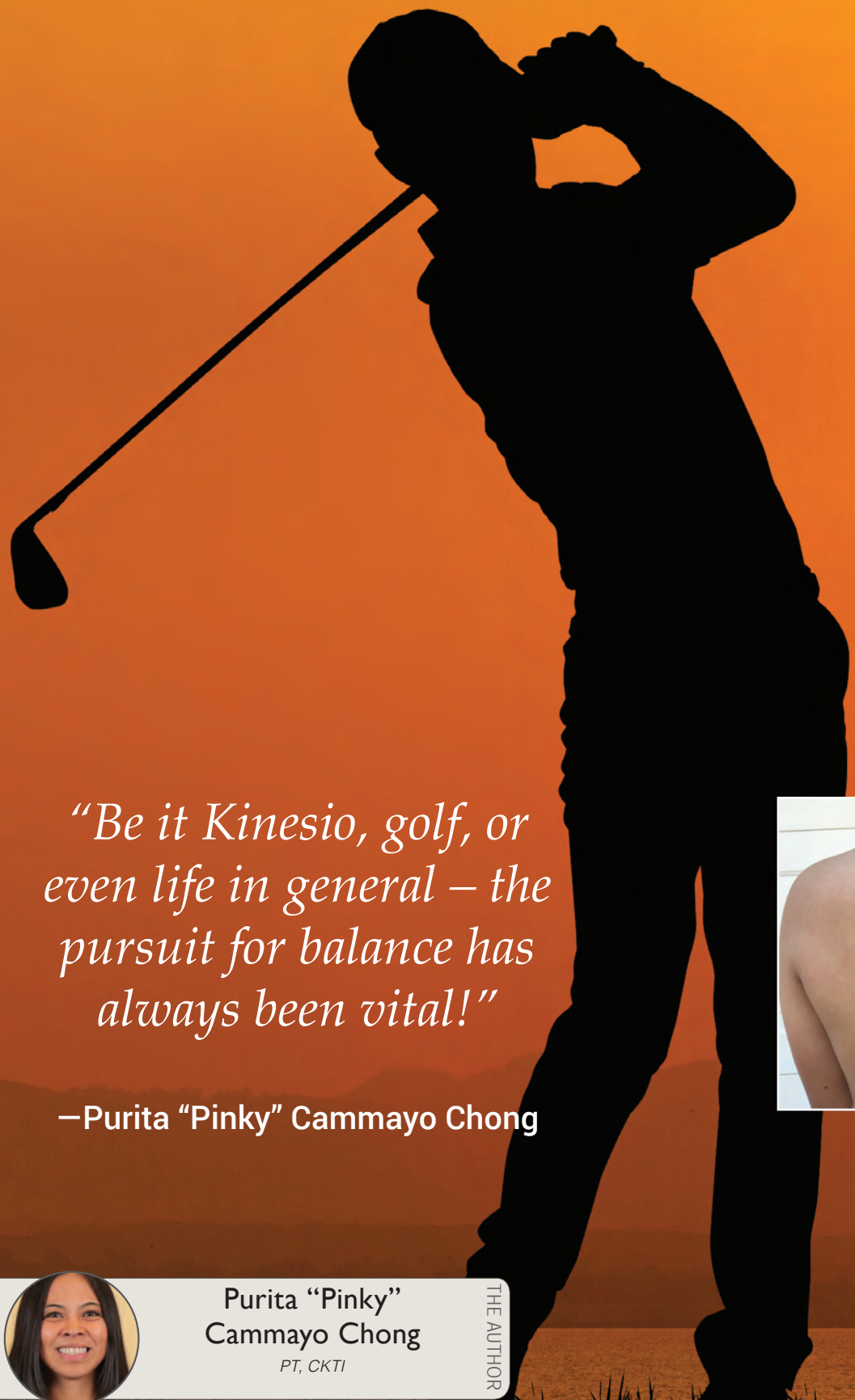
“Kinesio is proud to support the members of the USRowing National Team to help them prepare for Olympic competition,” said Kinesio’s Jeff Baskett. “Rowing uses every large muscle group in the body and the benefits from the Kinesio Taping Method will help keep these muscles in homeostasis by supporting muscle movement while maintaining full range of motion.”

About USRowing

USRowing is a nonprofit organization recognized by the United States Olympic Committee as the governing body for the sport of rowing in the United States. USRowing has 85,000 individual members and 1,300 member organizations, offering rowing programs for all. USRowing receives generous support from the National Rowing Foundation and its corporate sponsors and partners.

Here at KTAI we look forward to learning and seeing more about the use of Kinesio Taping in competitive rowing!

KINESIO ON THE FAIRWAY



“Be it Kinesio, golf, or even life in general – the pursuit for balance has always been vital!”

—Purita “Pinky” Cammayo Chong



Purita “Pinky”
Cammayo Chong
PT, CKTI

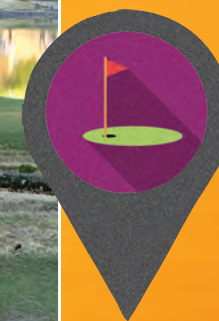
THE AUTHOR



Before Kinesio application



After Kinesio application



Our family enjoys the game of golf. One of my patients shared me his thought about golf, “A family that plays together, stays together!” In order to play, the challenge is to keep everyone healthy and injury-free. Kinesio Tape is our first aid! For bruises, aches or pains, our go-to is the jellyfish. With all its physiological benefits, we even apply over a cut to increase healing (keeping in mind to cover the cut with a primary dressing of course).

Be it Kinesio, golf, or even life in general – the pursuit for balance has always been vital! It is perhaps one of the most challenging states to achieve, and even more difficult to maintain. In sports and in therapy, with the right assessment and tools like the Kinesio Taping Method, balance and midline orientation can be accomplished and maintained even when movement is introduced in the equation, just like the complex movement involved in the golf swing.

Inherent in the beauty of Kinesio, these applications can be applied to the golfer without having to constantly be giving him/her the verbal reminders or tactile cues to maintain optimal posture while performing the golf swing – which can be very challenging to the instructor and even more annoying to the golfer.

Simply speaking, we all just need to stand tall; but this is a challenge because gravity does not help

us with our tendency towards a hunched-over posture. Therefore, Kinesio taping application to facilitate the transversus abdominis and several options to promote shoulder protraction and depression are key.

The strong correlation between balance and core strengthening is well established in several clinical studies with the emphasis on the role of the transversus abdominis. One of the most significant and practical applications of this concept is that movement occurs more efficiently when there is core stability. A strong and stable core/trunk will allow for better balance and efficient movement of the arms and legs. For the golfer, this translates to better control of the golf club, increased distance and precision of landing of the golf ball.

Just like in any other sports, there are numerous Kinesio Taping applications that can readily be used in golf. Dr. Kenzo Kase invented Kinesio Tape because he needed something that can duplicate the treatment that his hands provided his patients in between visits. If we keep this in mind, and remain guided by the basic principles of the Kinesio Taping Method, and are careful not to overlook the importance of an accurate assessment, the possibilities are endless!

Happy Golfing!

How About a Marathon?

It'll Be Fun!

Lori Robinson runs for enjoyment and for health – and for the unique fellowship of long distance runners. She logged her first full marathon experience at the Outer Banks Marathon, 2014.

The conversation started in November 2013. “It’ll be fun!” Running a marathon at the Outer Banks: we planned to get a house and stay for a week for vacation.

Fellow runners Teri and Scott signed up for the race the first day the registration opened. They put peer pressure on the rest of us...and we caved. I signed up two days later but still sat there with the form filled in before I would hit “submit.” What am I doing? Why am I doing this? I once said to my coworkers “Shoot me if I ever say I want to do a FULL!” But at least it will be somewhere warm in November, and a “flat” course. And so on November 11, 2013, I hit “submit.”

What have we all done?! And so began the year of training, physical and mental. We recruited others; I don’t recall when each of them came on board. Brett, Suzanne, Carrie, Brenda, Josh, Jennie, Jim, Katie, Callie, Ron, and Diana. But we were all in it together. Suzanne and Brett researched the OBX area and secured the house for the week! “It’ll be fun!” we said... a year out...

We have put in thousands of miles between all of us. Training for all sorts of races before even getting to OBX. 5K, 10K, Halfs, and Fulls would be completed. We have all been through so much individually and as a group. Injuries, surgeries, therapy - and *lots* of KINESIO TAPE along with the blood, sweat, and tears. I think I used my therapy skills and Kinesio Taping on at least 8 of us (including myself!) I taped knees and feet,

backs, hamstrings and IT bands....the “Magic Tape” would give the support to the joints under all this stress and help the tired overworked muscles relax. The training runs had it all. Short fast runs, speed work on the track. Long slow runs in every type of weather. For a summer that was not very hot on the record books, we somehow managed to hit those LSR on the worst of days. 72 degrees and 99% humidity at 5am...18 miles here we come.



We were there for each other in many ways, not just physical presence as some live far away. Facebook, emails and text provide much support. Just seeing each other’s posts, we would cheer everyone on, with a simple click of the “Like” button. We would post pictures, quotes and Memes that would inspire us to lace up, body glide, hydrate, Gu, shot block, charge the Garmin and hit the road even when we didn’t want to crawl out of bed. The goal to put one foot in front of the other. To complete a certain distance, and possibly hit a certain time. We worked in the LSRs and the weekday workouts around every life event that came our way. Issues with kids, parents, work, illness, injury, heat, cold, rain, snow, travel. Nothing could derail our goals. 26.2 miles that would be completed on November 9, 2014. Because we knew: “It’ll be fun!”

As the time drew near, the logistical planning continued, who would drive, carpooling, when we would leave, how long we would stay (yes I was still beachside as I typed this account.) Supplies to bring. The long car rides provided hours of entertainment from the license plate and alphabet billboard game, to hysterical conversations “yes the house has an elevator!” so

much we almost peed our pants! We all arrived safe at our temporary home in Nags Head NC on November 8, 2014. Hit the expo, bought the goodies, unpacked the cars, settled into the rooms, and most importantly, prepped the clothes and supplies for the run.

Oh and apply the Kinesio tape! Personally, I had my hamstrings and gastroc muscles taped on both legs. Oh and the plantar fascia too... it’s gonna take a beating! Inhibitory application on each muscle group to prevent cramping which is almost inevitable with 26.2 miles ahead! OMG... what have we done, said all the first timers (Scott, Carrie, Teri, Ron, Callie, Diana, and Lori.) Now to get a good night’s sleep (haha!) awake early to catch the shuttle to the start line... and the porta potty line.

The gun would go off at 7:20 am on November 9, 2014 to begin the real challenge: Place one foot in front of the other for the next 26.2 miles, no matter how long it takes. All the training has been done and the rubber meets the road. We are not just talking the talk, we are “walking the walk!” We all take off, running our own race physically and mentally. Putting behind us all the stuff we have dealt with to get to this point. Running from Kitty Hawk to Manteo. The weather was perfect, mid 50’s and overcast sky. I prayed for this for the past year.

The race course would take us through the neighborhoods of the Outer Banks for the first 9+ miles. Then we hit the “hard packed off road section.” For the next 5K we would hit the hardest part of the run for most of us. The description was misleading. More like Brukner and Englewood reserves, with sand and boulders to run on. It was a challenge to say the least! “It sucked” is the best description for most. Finally at the half way point...What? Only half way? The rest of the course took us in and out of neighborhoods and along State Route 158. This stretch could be boring, but yet where the mental challenge must kick in.

At mile 22 came THE BRIDGE, to cross the Roanoke Sound. Approximately 80’ climb, a mile in length. This was a tough, LONG CLIMB. Physically, and mentally, after completing 22 miles, this was scary. You wanted to crawl sometimes, but at the top, the view was awesome.



Team G(race) pre marathon - Note the Kinesio Tape on Teri’s knee (Front left!) Sorry you can’t see mine but I was taped up too!

Then last 3.1 to go: It’s just a 5K from here, but the hardest 5K of your life. You want to push to make the time goal you have set. Even though a first time marathoner’s primary goal is to finish, we each had an ideal time in mind. How do you push through when you have reached pure exhaustion and are experiencing pain in areas of your body you never felt before? The crowds or a single friend (in my case Brenda) cheer you in. You do it. You keep putting one foot in front of the other. Much slower by now, but perseverance and determination gets you through.

The awesome sense of accomplishment is overwhelming when you cross that FINISH LINE. Tears well up; I started crying like a baby. (But not too much because I’m dehydrated so not much tear production.) I did it! I finished my first 26.2 miles! Smiles, hugs from teammates, a medal around your neck. Now to rehydrate and fuel up.

Some run for the food, some for the fun, others to beat their own goals. To set a goal and work long and hard to achieve it is a feeling too difficult to put into words. I’ll never make it to any awards podium, no one will ever remember my time (except me, which I may soon forget) but I have completed something that only 1% of the world’s population has done. I am proud of myself and my teammates and the journey we have shared along the way will never be forgotten... “IT’LL BE FUN!”



Lori Robinson

OTR/L, CKTI

THE AUTHOR



The Optimism of the Long Distance Runner

Many people run for health reasons, but there is more to it. For CKTI Stacey Lonser it keeps her on her toes mentally as well. “It gets more challenging as we get older to push yourself to run farther and faster when you’re training for at least a half marathon each year.” The longer you have been running, the more you know what to expect. Still, “the competition gets harder and we push ourselves. Sometimes,” she admits, “we get injured.” She also lives in Michigan, where you can expect the full fury of four distinct seasons. “Running in the changing weather conditions, you need the right clothing.” In the Midwest that can get expensive.

Physically, you can’t be too prepared. “Proper strength training and flexibility are extremely important. As I mentioned, you need to have the right clothes for the climate. Most importantly,

listen to your body and avoid over-training.” It’s good for you, but it should also be fun.



Running has almost too many advantages to list. For Stacey, it “helps relieve stress and keeps us in shape.” She also appreciates the social component of organized running events. “You look forward to attending races with friends and family and sharing your passion for running, and to achieving better race times and placing in your race group.”

Stacey’s Kinesio Taping skills have come in very handy. “This past year I tore my posterior tibialis and had an avulsion fracture during a half marathon. I used several different Kinesio Taping techniques to help me recover and get back to running. These included fan cut taping for edema, posterior tibialis facilitation and EDF jellyfish.”

“The competition gets harder and we push ourselves. Sometimes we get injured.”

—Stacey Lonser



Stacey Lonser

LPTA, CKTI

THE AUTHOR



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EQUINE

PATELLA TENDONITIS: SUPERIOR AND INFERIOR POLE

Patella Tendonitis at either the superior pole or inferior pole (jumpers knee) develops from an overuse of the quadriceps muscle group. The patella acts like a mechanical lever to magnify the forces created by the quadriceps muscle. From repetitive activity, an inflammation may develop.

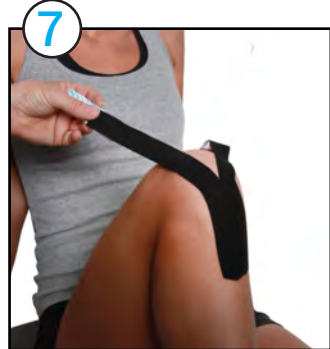
There will be several examples of methods of taping for patella tendonitis. Examples presented will be for regions of the superior pole, and inferior pole. Each of the techniques have been used successfully on different patients. The practitioner will need to evaluate the patient and determine which technique may be best. If one technique is not showing the desired results, then change to another application technique.

PATELLA TENDONITIS: SUPERIOR Y TECHNIQUE

The tape is applied for facilitation. A inhibition technique may be also be applied depending upon the evaluation. The split of the Y application begins at the superior pole of the patella instead of the junction of the musculotendinous junction.

- 1. Anchor the Kinesio Y strip on the proximal 1/3 of the rectus femoris with no tension. Position the hip in extension and the knee in flexion.
 - 2. Apply light to moderate, 15-35% of available tension until the split of the Y in the Kinesio strip is slightly above the superior pole of the patella. Rub to initiate adhesive prior to any further patient movement.
 - 3. Position the patient in hip and knee flexion. Apply paper off to light, 15-25% of available tension to the tails of the Kinesio Y strip around the medial and lateral borders of the patella.
 - 4. Lay down the ends with no tension overlapping each other onto skin on or near the tibial tuberosity. Rub to initiate adhesive prior to any further patient movement.
- Completed quadriceps facilitation with modification. The split in the Y occurs at the superior aspect of patella instead of the musculotendinous junction.

- 5. Completed Patella Tendonitis Superior Y Technique.
- The practitioner may select to modify the Superior Y technique by shortening the I strip. The I strip can be anchored in the distal 1/3 junction of the rectus femoris if facilitation of the quadriceps muscles is not a therapeutic goal.



PATELLA TENDONITIS: INFERIOR Y TECHNIQUE

Measure a Kinesio Y strip from 2-3" below the tibial tuberosity to 4-5" above the superior pole of the patella. Cut the Y strip with 2-3" for an anchor to be placed below the tibial tuberosity and the anchor long enough to reach the inferior pole of the patella.

OPTION 1:

- 6. Apply the anchor 2-3" below the tibial tuberosity with no tension.
- 7. Have the patient place the hip and knee in flexion. Apply paper off to light, 15-25% of available tension to the longer than normal anchor to the inferior pole of the patella. Then apply paper off to light, 15-25% of available tension to the medial and lateral tail along the edge of the patella. Tails can be splayed (as shown) or applied to surround the patella. Lay down the ends with no tension and rub to initiate adhesive prior to any further patient movement.
- 8. Completed inferior Y technique option one.

OPTION 2:

Cut strip as described above. An example can be seen in Modified Mechanical Correction later in this section.

- 9. Place one hand on the anchor to limit tension being added during application. Have the patient in a position of function, 20-30 degrees of flexion. While holding the anchor and exposing the Kinesio Tex Tape from the anchor to the split in the Y, apply a mechanical technique, 50-75% of available tension and downward / inward pressure to the tape. Apply this section of the Kinesio Y strip to the inferior pole of the patella. The split in the Y technique should be applied so the split begins at the inferior pole of the patella.
- Slide the hand holding the anchor to the inferior pole of the patella.
- The tails should be applied with light, 15-25% of available tension. The medial tail should end near or on the vastus medialis muscle. While the lateral tail should end on or near the vastus lateralis muscle. Lay down the ends with no tension. Rub to activate adhesive prior to further patient movement.
- This technique applies "pressure" over the area of pain, in cases of patella tendonitis this area likes "pressure" over the area of inflammation.

- 10. Completed Patella Tendonitis Inferior Y and Superior Y Technique as an option during acute or particularly painful periods.



Clinical Relevance: Massage Therapy

Massage Therapy and the Kinesio Taping Method Go Hand In Hand

I hope to ignite massage therapists interest in learning the Kinesio Taping Method and its application to their massage practice. The massage industry continues to evolve and I see the Kinesio Taping Method as an integral part of a massage therapy practice. The Kinesio Taping Method has enhanced my ability to help my clients. I have not found another therapy that works hand in hand with my massage work.

Why Is the Kinesio Taping Method Effective?

The Kinesio Taping® Method is a definitive rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles, ligaments, tendons and joints without restricting the body's range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. Latex-free and wearable for days at a time, Kinesio® Tex Tape is safe for populations ranging from pediatric to



geriatric, and successfully treats a variety of orthopedic, neuromuscular, neurological and other medical conditions. The Kinesio® Taping Method is a therapeutic taping technique not only offering your patient the support they are looking for, but also rehabilitating the affected condition as well. By targeting different receptors within the somatosensory system, Kinesio® Tex Tape alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. This lifting affect forms

convolutions in the skin thus increasing interstitial space and allowing for a decrease in inflammation of the affected areas.

Within Your Scope of Practice?

The continuing education credits specific to massage therapists for the Kinesio Taping Method education is approved and provided through the NCBTMB, the national governing body for continuing education for massage therapists.

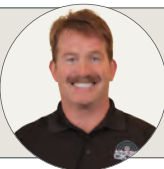
FOR MORE INFORMATION

www.allaboutmassageandwellness.com
www.pittsburghmassageandwellness.com

THE AUTHOR

Scott Korb

LMT, NCBTMB, CKTP, CKTI
All About Massage and Wellness; Owner



DIY Breakfast Cereal Bars

Whether you are headed up a mountain or out to the links, you will want an easy breakfast or on-the-go snack. Here is a healthy option that is simple to prepare.

INGREDIENTS:

- 1 1/3 cups unbleached all-purpose flour or gluten free all-purpose flour
- 1 teaspoon baking powder
- 1/3 cup flaxseed meal
- 1 teaspoon vanilla extract
- 1 egg
- 2 tablespoons honey
- 1 tablespoon melted coconut oil
- 1-2 tablespoons milk

FILLING OPTIONS:

- Peanut butter and chocolate chip (use mini chocolate chips)
- Any flavor of Jam
- Filling from scratch: 3 cups fresh or frozen berries, juice of 1/2 lemon, 4 drops of stevia (optional).

Place berries and lemon juice in a saucepan over medium heat. Cook, stirring frequently until berries have broken down and reduced to a thick Jam, (15 minutes) sweeten with stevia. Let the filling cool.

DIRECTIONS:

1. After you make your filling, let it cool down.
2. Preheat oven to 350 degrees Fahrenheit. Line a cookie sheet with parchment paper.
3. Place flour, baking powder, and flaxseed meal in a blender or food processor. Pulse until it is ground into a course flour.
4. In a mixing bowl whisk together the coconut oil, honey, egg and vanilla extract. Pulse blender while adding mix. Add milk on tablespoon at a time until dough comes together.
5. On a sheet of wax paper roll dough into 10" x 12" rectangles. Cut into thirds lengthwise. Spoon filling in a stripe down the center of the dough rectangles. Fold length of dough over filling and pinch sides to seal.
6. Transfer your dough strips to the cookie sheet, cut each strip into three pieces and place 1 inch apart. Bake for 15 minutes and then let cool. Store in the refrigerator or the freezer.

Wash your Delicious cereal bars down with a nice Chocolate Almond Oatmeal Smoothie

INGREDIENTS:

- 1 frozen banana, cut into chunks
- 1 cup chocolate almond milk
- 1 tablespoon almonds
- 1/4 cup old fashioned oats

Blend all ingredients together until smooth. ENJOY!

More than Good Looks

Find Ways to Keep Yourself Healthy and Fit

Living a sedentary (inactive) lifestyle is one of the greatest threats to public health. According to the Centers for Disease Control and Prevention, 34 percent of the American adult population is obese. To help combat the obesity trend, we are required to partake in moderate physical activity for 30 minutes at least 5 times a day. An active lifestyle can mean more than just showing up to the gym 5 times a week. Examples of moderate physical activity are brisk walking or cycling, playing basketball or volleyball, swimming, water aerobics, dancing, gardening, and the list goes on. The point is you do not have to have an expensive gym membership or a personal trainer to achieve healthy lifestyle. Join a softball team, or a running club, or go for a weekend hike with a group of friends.

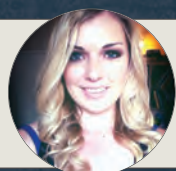
For those who are currently engaging in activity but are looking to take your fitness to the next level, a pedometer or heart rate monitor is a great tool to help. These devices track your steps, calories burned, and heart rate throughout the day. I started using a heart rate monitor without any real expectations, but I used it because the gym I worked for gave it to me for free as a means of promoting it to our club members. About a month



later, I noticed my stamina had increased drastically, and I was able to perform longer in the weight room. My body fat decreased from 14% to about 10.5 %. I had not changed anything as far as my actual routine, but I was now aware of how hard I was working. My time spent on cardio was being wasted before I started using my heart rate monitor. I spent 20-30 minutes on either a bike, stair-stepper or row machine, but I wasn't getting the results I wanted because I was never getting into the aerobic zone. My average heart rate was too low at about 55-60% of my max heart rate, when it should have been 70-80%.

Also, it is important to keep your body guessing, as our bodies adapt to change at a very quick pace. There are many variables that we need to change with our routines. Remember to change up the rep scheme, the load (weight), and the intensity at which you perform your exercises. Routines can be set up to increase strength, size, stabilization, or endurance. With just a little research or help from a fitness professional you can be on your way to achieving your goals!

Remember that every single person is different, and maybe someone else's routine will not necessarily work for you. There is a lot of trial and error involved when first getting into the swing of things, but with persistence, you will find exactly what you are looking for, and you will be thanking yourself once you do! Health and fitness isn't just about looking good in a bathing suit. It is about being healthy and challenging yourself and others that you love and care about to be better than you were the day before.



Raquel Xavier

Pre-Dental Hygiene
KTAI Membership Department

THE AUTHOR



Kevin Domrzalski

NASM Certified Personal Trainer
CKTT



"One thing I love about the art of Kinesio Tape is the thought process behind the application and the ease of use."

—Lisa Anderson



Washington Therapist Brings Kinesio Taping Benefits to the Mission Field

In February Lisa Anderson, OTR/L, CKTP, traveled from Washington State to the mountains of Plaisance de Sud, Haiti (7 hour drive outside of Port-au-Prince, west down the south peninsula.) "While my daughter and I were in Haiti for two weeks we were given the opportunity to utilize my pediatric occupational skills and introduce these beautiful people to Kinesio Tape and its amazing benefits," Lisa reports.



Originally, they had obtained Kinesio Tape as Lisa knew that she would be seeing a two-year old with a diagnosis of spastic cerebral palsy. "I didn't know that there was a second child who had completed surgery to correct a club foot and was waiting for corrective shoes and possibly an Achilles tendon release surgery. Knowing my time in Haiti was limited to two weeks – my focus was on training the director of the orphanage how to tape these precious little girls. One thing I love about the art of Kinesio Tape is the thought process behind the application and the ease of use. Since the product was so new and intriguing – the tape lasted only a day or so to begin with...as curious little fingers pulled it off. In time, they learned that the tape needed to stay on." She took black and red Kinesio Classic tape with her. "I am so thankful for the red color to begin with! They have the option to swap back and forth between colors." With local staff now trained to reapply the tape as needed, "Black will be perfect for the long term, as the orphanage floor has only limited cement and is mostly dirt."

"An additional bonus for having the tape with me," Lisa adds, "was being able to provide some relief to our translator, a young man in his twenties



that had injured his knee in a soccer game three years previously. Apart from over the counter pain medications and a bulky brace, his relief has been limited. By stabilizing his patella, his pain was significantly decreased. I was able to provide him with some pre-cut strips and train him to apply the tape on himself. He is in communication with the medical clinic / orphanage managers that I left the large roll with - so as he needs more, it will be made available."

Lisa sent us a copy of the newsletter that she and her daughter wrote summarizing the trip as well as some photos of the taping that occurred!

Student Research Establishes Valuable Clinical Reasoning

The KTAI Research Yearbook recently examined the opportunities and challenges of academic research regarding Kinesio Taping and related therapies. The faculty members we spoke with focused largely on students at the graduate level, but there is also a great deal of valuable work done by undergraduates in exercise science and other pre-professional fields.

Academic research is moving to the forefront, with trained CKTIs and certified faculty in a variety of locations and programs worldwide. These increased resources for clinical reasoning promise to inform Kinesio Taping education and practice into the future.

In the

athletic training program at Defiance College, Matthew Lundin operates right in between those levels. He currently teaches only undergraduates, but Defiance is in the beginning stages of an entry-level Master's Degree program. Research is likely to be a big part of that shift. The current program encourages, but does not require a research project. For the Master's Degree that option will become a requirement.

There are reasons many programs don't require undergraduate research. Francisco Garcia-Muro San Jose supervises both graduate and undergraduate student research at CEU San Pablo, Madrid, Spain. Although his students are able to complete their research over a ten month period, he acknowledges that "it is hard for the undergraduate students because they still have other class requirements; they must also expend this time with other subjects to graduate." So there are time constraints, and many distractions.

Defiance undergraduates may complete the work in as little as a single semester, or they may take more than one term. "A lot depends on their course schedule and outside

commitments (athletics, student organizations). Once they get past the IRB phase most are doing shorter projects or case studies and can be done in a couple of months," Prof. Lundin says. "Currently the process is as an independent research project. Most of the projects have been done on the easy to access athletic population that is on campus."

By their nature, undergraduates tend to be new to the discipline. That can create an issue of confidence. Prof. Lundin notes, "The biggest challenge for students is getting over the fear of actually doing the research process. They feel that the work on the front end is too daunting." Defiance College requires IRB approval but the process is not too lengthy. The usual requirements of background, procedures and literature review can be a help in this regard, since "preparation on the front end is essential in completing the [IRB] application."

Faculty interests are a consideration. Prof. Lundin predicts that "once the master's program comes into place students will be directed to mentors based on their research interest." This may enable some longer term, faculty-led lines of inquiry.

A closer examination of graduate student research is available in the current KTAI Research yearbook, which also includes a variety of student investigations as well as research by established experts and independent clinicians.



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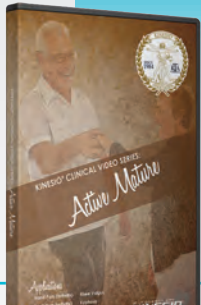
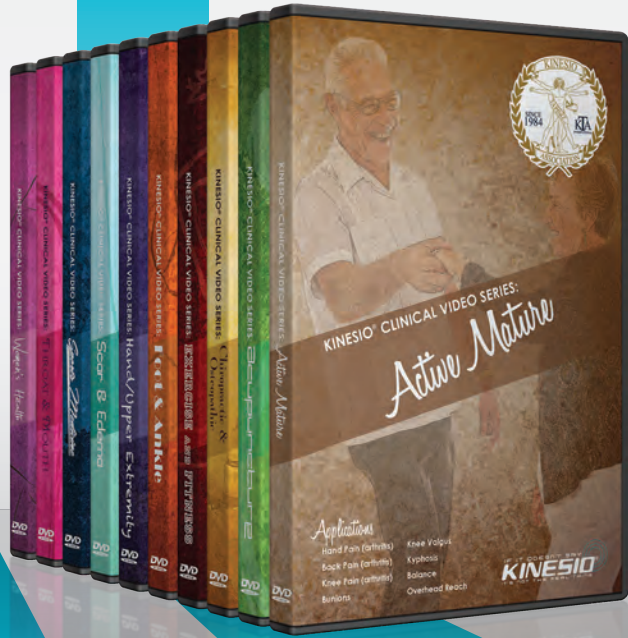
Matthew Lundin,
MA, ATC, LAT, CKTP/CKTF
Assistant Professor of Athletic Training
Program Director,
Athletic Training Program
Defiance College, Defiance, Ohio



Francisco García-Muro San José,
PT, MSc, CKTI
CEU San Pablo, Madrid, Spain
Department of Physiotherapy
Research Director KTA Spain

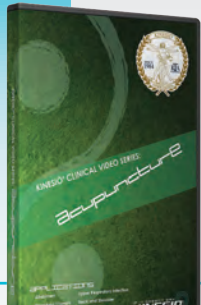
Kinesio® Clinical Video Series

10 videos designed with your practice in mind



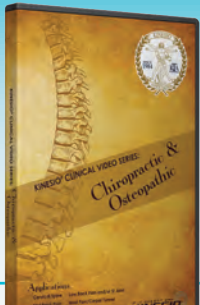
Active Mature
KCVS-AM

Hand Pain (arthritis)
Back Pain (arthritis)
Knee Pain (arthritis)
Bunions
Knee Valgus
Kyphosis
Balance
Overhead Reach



Acupuncture
KCVS-AC

Abdomen
Menstrual Cramps
Foot
Stress Relief
Upper Respiratory Infection
Neck and Shoulder
Lower Back Pain
Knee



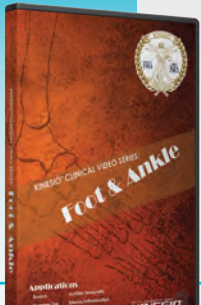
Chiropractic & Osteopathic
KCVS-CO

Cervical Spine
Mid Back Pain
Shoulder Pain
Rib Subluxation
Low Back and/or SI Joint
Wrist Pain/Carpal Tunnel
Knee Swelling
Lateral Ankle Sprain/Swelling



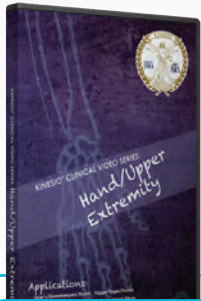
Sport & Fitness
KCVS-SF

Arch/Plantar Fasciitis
Shoulder Sprain
Low Back Strain
Lower Leg/Shin Splints
IT Band
Runners Knee Support
Ankle Sprain
Tennis/Golfers Elbow



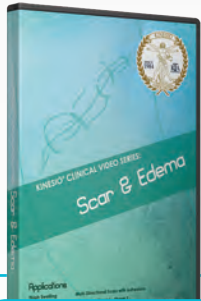
Foot & Ankle
KCVS-FA

Bunion
Hammer Toe
Flat Feet
Plantar Fasciitis
Achilles Tendonitis
Edema/Inflammation
Ankle Sprain
Pain in Top of Foot



Hand/Upper Extremity
KCVS-HW

Skiers/Gamekeepers Thumb
DeQuervain's Tenosynovitis
Carpal Tunnel Syndrome
General Arthritis
Trigger Finger/Thumb
Golfers/Tennis Elbow
Mallet Finger
Edema



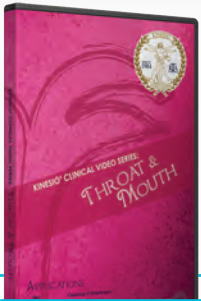
Scar & Edema
KCVS-SE

Thigh Swelling
Bruising
Pitted Scars
Vertical Adhered Scar
Multi-Directional Scars
After Open Wound - Phase 1
After Open Wound - Phase 2



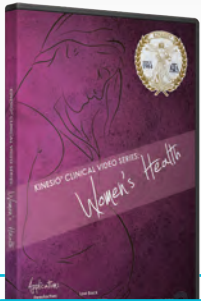
Sports Medicine
KCVS-SM

Hamstring
Low Back/Hip
Pitch Fork
Elbow
Knee/Ankle Inflammation
Tibial Stress Syndrome/Shin Splints
Shoulder Impingement
Patella Femoral



Throat & Mouth
KCVS-TM

TMJ
Jaw Stability
Bell's Palsy
Constipation
Opening of Diaphragm
Orbicularis Oris
Chin Tuck
Swallowing



Women's Health
KCVS-WH

Headaches
Upper Back & Neck
Menstrual Cramping
Mid Back
Low Back
Varicose Veins
Stretch Marks
Abdominal Fascia

Tom Lechtenberg, MS, ATC, LAT, CSCS, CES, CKTI

PROFILE



Tom Lechtenberg is an educator and a therapist. Rather than either of those roles superseding the other, he is always taking care of both. Coming from Springfield, Nebraska, a farming community just south of Omaha, Tom graduated from Kansas State University with a BS in Secondary Education, Composite Social Studies, with a minor in Athletic Training. He has continued his education to the Master's and CKTI levels. He wrote and presented the segment on "Sport and Fitness" in the Clinical Kinesio Taping video series.

Like many Midwestern kids, his childhood dream was to play in the NFL. "By the time I graduated from high school, though," he admits, "I had my mind set on being an athletic trainer, teacher, and strength coach." That focus has remained consistent; since 2001 he has worked as an athletic trainer in various settings from high schools to universities to professional sports. He has extensive experience with acute and chronic athletic related injuries. "I do a lot of swelling/ edema taping for joints as well as positional holds

accompanied with facilitation and inhibition techniques."

Tom found out about Kinesio Taping in 2003 when he was working in Albuquerque, NM. "But it wasn't until 2005 when I was working at UTEP (University of Texas, El Paso) that I started to really look into the Kinesio Taping Method and decided to get more formal training." By 2010 he had completed KT1, KT2 and KT3 with Amy Stahl in Tucson, Arizona.

Tom uses a wide variety of Kinesio Taping applications in his own practice: "For instance fan cuts for ankle sprain. As you can imagine we get many sprained ankles in all the different sports," and each sport has its own issues. "I treat shoulder tendonitis and mechanics primarily in baseball; shoulder dislocation and AC separation in football; chondromalacia and patellar tracking or tendonitis in basketball. I usually see at least one hamstring strain in each sport, and shin splints are common in soccer and in women's basketball."



As a Certified Athletic Trainer (ATC) a good 85% of his patients are athletes. “The rest are family, friends, those that have been referred to me.” Athletes present unique strengths and challenges. “Working with a more physically active population allows me the ability to be more aggressive with their treatment at times. That being said, I will always do what is best for my patients regardless of their activity level.”

With his interest in therapeutic education, it was a natural progression for Tom to become a CKTI. “It was partially the desire to continue my education beyond what others have received. This gives me the ability to share what I have learned with others, and I feel the CKTI-level training has given me the opportunity to provide better care for all of my student-athletes. Working in athletics and being an instructor for Kinesio have provided me with many enjoyable and fulfilling experiences. The people I have met and the places I have been have enriched my life beyond words.”

In the future, Tom sees Kinesio Taping becoming



a more a widely accepted tool that will be used by more health care professionals. “Research and education will be the catalyst to facilitate this change. As the Kinesio Taping Method becomes more widely accepted AND we have more research to back the results that people are experiencing, we will start educating health care professionals earlier in their careers, specifically, while they are still in school.” At that point, Tom speculates that the seminars may take on a more advanced and specialized “KT4 type” of a format.

He and Danielle, his wife of 15 years, have a nine year old son, Jacob. When he is not busy being a dad, treating patients or teaching, Tom enjoys weight lifting; primarily a blend of power lifting and Olympic style lifting. He hopes that his actions will cause people to remember “That I am a knowledgeable and compassionate health care professional that works each day with patients’ best interests in mind. I take an interest in the person, not just the ailment.”

It looks like he has achieved that end!

The 2015 KTAI Research Yearbook is available soon

Original Research includes

- The Effects of Kinesio® Tape on Inversion Ankle Sprains in Collegiate Cross-Country Runners.
- Effects of the application of Kinesio Taping® on ankle range of motion and calf and hamstring pain in the amateur football player.
- The Effects of Kinesio Taping® on Hamstring Flexibility in Footballers.
- The Effect of Kinesio Taping® on Velocity in Swimmers.
- Treating Pain in Lymphedema Patients with Taping.
- From hypothesis to clinical application: the Transverse Arch-Tape application enhances Motor Performance, Balance and Gait.
- Premature Atrial Contractions: A Clinical Case Report.
- And more...

In the Kinesio Taping® Equine field, mentions include

- Use of Kinesio Taping® For the Treatment of Sacroiliac Joint Dysfunction in the Horse: Seven Cases. A Preliminary Report.
- Multimodal Approach in Management of Biomechanical Contractions in Sport Horses: Myofascial Release, Magnetotherapy (Matrix-Rhythmus-Therapie®) and Kinesio Taping®.
- Effects of EDF™ Taping on Wound Healing and Edema Control after Castration Surgery in Stallions.
- The use of Kinesio Taping® in the management of swelling following arthroscopic surgery in horses: a preliminary study.

The volume also features short takes from the KTAI Research Symposium held in Tokyo in 2015

Reports on recent work by Dr. Kenzo Kase; Dr. Jean Claude Guimberteau, Professor Hans-Michael Klein and other international experts in Kinesio Taping® including Dr. Jean Claude Guimberteau’s Attempt to Explain the Efficiency of Taping Through Endoscopic Observations, and Professor Hans-Michael Klein on Pain-diminishing effect of Kinesio Taping® in patients after sternotomy.

The volume also includes work from the oral and poster sections of the Symposium. Don’t miss it!





READINGS ON KINESIO TAPING FROM THE RECENT LITERATURE

1

Ay S, Konak HE, Evcik D, Kibar S. [Article in English, Portuguese] **The effectiveness of Kinesio Taping on pain and disability in cervical myofascial pain syndrome.** *Rev Bras Reumatol.* 2016 Mar 9. pii: S0482-5004(16)00042-5. doi: 10.1016/j.rbr.2015.12.004.

2

Ilke Coskun Benlidayi, Fariz Salimov, Mehmet Kurkcu and Rengin Guzel. **Kinesio Taping for temporomandibular disorders: Single-blind, randomized, controlled trial of effectiveness.** *Journal of Back and Musculoskeletal Rehabilitation* -1 (2016) 1–8 DOI 10.3233/BMR-160683

3

R. M. Brown, P. J. Powers, C. House, L. M. Farrar, K. Weaver. **The Impact of Kinesio Taping® on Gait Parameters and Pain in Patients with Charcot-marie-tooth Disease.** *Poster CSM; JNPT, Journal of Neurologic Physical Therapy*, January 2016 - Volume 40 - Issue 1 - p 57

4

SoonKwon Hong, JeMyung Shim, SungJoong Kim, Seung Namk oong, HyoLyun Roh. **Effect of Kinesio Taping on the isokinetic muscle function in football athletes with a knee injury.** *J. Phys. Ther. Sci.* 28: 218–222, 2016

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HM Klein, R Brockmann, Alexander Assmann. **Pain-diminishing effect of Kinesio taping in patients after sternotomy.** *Journal of Cardiothoracic Surgery* 2015, 10(Suppl 1):A76

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Kwansub Lee, Chae-Woo Yi, Sangyong Lee. **The effects of kinesiology taping therapy on degenerative knee arthritis patients' pain, function, and joint range of motion.** *J Phys Ther Sci* 28:63-66, 2016

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Lins CA, Borges DT, Macedo LB, Costa KS, Brasileiro JS. **Delayed effect of Kinesio Taping on neuromuscular performance, balance, and lower limb function in healthy individuals: a randomized controlled trial.** *Braz J Phys Ther.* 2016 Mar 22. pii: S1413-35552016005005105.

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Jacqueline de Carvalho Martins, Suzana Sales Aguiar, Erica Alves Nogueira Fabro, Rejane Medeiros Costa, Thiago Vilela Lemos, Vinicius Gienbinsky Guapyassú de Sá, Raphael Mello de Abreu, Mauro Figueiredo Carvalho de Andrade, Luiz Claudio Santos Thuler, Anke Bergmann. **Safety and tolerability of Kinesio® Taping in patients with arm lymphedema: medical device clinical study.** *Supportive Care in Cancer*, March 2016, Volume 24, Issue 3, pp 1119-1124

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Mostaghim N, Koushkie Jahromi M, Rojhani Z, Salesi M. **The effect of quadriceps femoris muscle Kinesio Taping on physical fitness indices in non-injured athletes.** *J Sports Med Phys Fitness.* 2016 Mar 31.

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Elisha Vered, Liron Oved, Daniel Zilberg, Leonid Kalichman. **Influence of Kinesio Tape application direction on peak force of biceps brachii muscle: A repeated measurement study.** *Journal of Bodywork & Movement Therapies* (2016) 20, 203-207



Kase's Corner

As you know, I travel extensively both for professional and for personal reasons. Everywhere I go I meet high level practitioners in so many areas of health care: MD, DC, ND, PT, OT, RN, MT, LAc and so many other fields. Many of them are already CKTPs, and those who are not often want to know how to gain that credential. Certification is currently available in more than fifty countries worldwide, so it is not often necessary for a therapist to travel far to attend the Kinesio Taping certification courses.

Our international instructors are active in many ways in their own countries, from the ones in Brazil who have been training sports physios in Kinesio Taping, to therapists and Kinesio Taping experts working with their own national teams, to CKTIs working in their professional and educational roles with individual athletes.

The Kinesio Tape isn't always visible during competition but for many teams and athletes it was part of the regimen that got them to Rio. This is why Kinesio is happy to be working with USRowing as the official training tape. By the way, this even applies to Equine athletes. The rules of their federation do not allow tape during the actual event, but it is increasingly used in training. Kinesio University just this year began offering seminars in Equine Kinesio Taping in Rio de Janeiro.

Sports may get a lot of attention, but our experts are also prominent in medical research, and not just with Kinesio Taping. Recent published studies include work in Turkey by CKTI Gül Baltacı and her team on "The relation of the knee muscle strength with performance tests in orienteering athletes" in Israel on "Upper cervical mobility, posture and myofascial trigger points in subjects with episodic migraine" by CKTI Elisha Vered, and by Thiago Vilela Lemos and his students and colleagues in Brazil on "The prevalence of temporomandibular dysfunction in patients with spine pain."

That doesn't even count all the great Kinesio Taping research published in peer-reviewed journals. Kinesio Taping research has boomed in the past few years, and the results can be seen in our KTAI Research Yearbooks and Symposiums.

I look forward to meeting more and more gifted CKTPs in countries throughout the world, and to see them in action: treating patients, leading research, and continuing our high standard of care and knowledge.

Sincerely yours,

Dr. Kenzo Kase



HYPO-ALLERGENIC



LATEX-FREE



MULTIPLE DAY WEAR



WATER-RESISTANT



100% COTTON

Kinesio® Tex Tape *Perform your best with Kinesio®*

Kinesio continues to provide our famous wave design that has set the standard for Kinesio Taping® practitioners worldwide. From elite athletes and weekend warriors to neurological and pediatric patients, Kinesio Tex Tape provides users with high quality and consistent results.

What is Kinesio® and how does it work?

The Kinesio Taping® Method is designed to facilitate the body's natural healing process while allowing support and stability to muscles and joints without restricting the body's range of motion. It is used to successfully treat a variety of orthopedic, neuromuscular, neurological and medical conditions. Kinesio Tex Tape is safe for populations ranging from pediatric to geriatric. Both Kinesio Tex Tape and the Kinesio Taping Method have shown results that would have been unheard of using previous methods and materials.

The Kinesio Taping Method provides extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. By targeting different receptors within the somatosensory system, the tape alleviates discomfort and facilitates lymphatic drainage by microscopically lifting the skin. It can be used in conjunction with a multitude of other treatments and modalities and is effective during the rehabilitative and chronic phases on an injury as well as being used for preventative measures.

For more information about our educational programs, Kinesio® Tape and additional taping applications please visit www.KinesioTaping.com