

Services

Kinesiotaping

Kinesiotaping at Aldergrove Physiotherapy

Your physiotherapist at Aldergrove Physiotherapy may decide that kinesiotaping is an appropriate part of your treatment. Elastic tape supports your body's natural healing processes.

Your physiotherapist applies the kinesiotape in particular patterns to provide stability and support for your muscles or your ability to move. Taping is usually implemented to change muscle tone, help move lymphatic fluid, improve your movement patterns.

What Conditions Does Kinesiotaping Help?

Kinesiotaping is usually used in tandem with other physiotherapy treatments, but it can treat injuries alone. Many conditions benefit from kinesiotaping, so your physiotherapist may recommend this specialized technique if you have any of these (or some of them):

- Pain and swelling in your neck, elbow, shoulder, wrist, lumbar, groin, hip, knee or ankle
- Shoulder injury
- Tennis elbow
- Shoulder instability
- Ankle instability
- Strained hamstring or quadriceps

- Plantar fasciitis
- Tibialis posterior dysfunction
- Turf toe
- Bunions
- IT Band Friction Syndrome
- Patellofemoral Stress Syndrome
- Achilles Tendon
- Educating muscles
- Supporting weak areas
- Posture correction
- Performance enhancement for athletes
- Managing scar sites

How Does Kinesiotaping Help?

When your physiotherapist at Aldergrove Physiotherapy suggests kinesiotaping, they are working to provide additional support to your muscles and joints. Plus, Kinesiotape encourages your lymphatic system to work to support faster healing.

The lymphatic system is how your body regulates fluid buildup and swelling. So, Kinesiotaping creates more subcutaneous space. This additional space changes the pressure under your skin, which is enough to enhance the flow of lymphatic fluid.

Aldergrove Physiotherapy

If your physiotherapist applies Kinesotape during your treatment, you can expect it will stay on for 3 or 4 days. That is why you will need to come back to see us here at Aldergrove Physiotherapy. If your next appointment is more than 3 or 4 days away, your physiotherapist will know how and when to remove the kinesiotape yourself.

Make an Appointment

Request an Appointment

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Service

We will call you soon to discuss availability.