
KINESIO TAPE

Eyas Landing & Blue Bird Day

What is it?

Kinesio Tape is a common intervention for athletes. It is slowly becoming more popular with children. It is an elastic tape that can be applied to different areas of the body for different purposes. Depending on the application, Kinesio Tape can be used to

- Reduce swelling
- Reduce pain
- Increase strength
- Encourage alignment
- Increase awareness of that area
- Decrease muscle fatigue

It is latex free allowing it to be applied to children with latex allergies. Because Kinesio Tape is adhesive, it can be applied during a session and left on for a few days (3-4) in order to prolong the effect of therapy.

Why use it?

Kinesio Tape is helpful to bring awareness to parts of the body in order to align, strengthen, or build endurance. It may be applied in order to assist in holding a joint in proper alignment. This allows the muscles around the joint to strengthen as well. By adding proprioceptive input to the skin around a muscle or joint, a child can build awareness of that area and strengthen it.



Who can use it?

Kinesio Tape can be applied differently to meet different people's needs. It is appropriate if your child:

- Seems weak or has low tone
- Has paralysis of a limb
- Has difficulty knowing where their body is in space
- Has poor coordination
- Has poor posture
- Has swelling in one joint or limb

Types of Kinesio Tape

As Kinesio Tape becomes more popular with children, a growing number of companies make child friendly tape. It often has bright colors and patterns to motivate the child to wear the tape. Although Kinesio Tape is latex-free, some tapes are specially designed for sensitive skin. It is important to test the tape on a small area of the skin before applying it to check for a reaction or the child's tolerance to tape. It can be purchased in uncut rolls or in a precut package for specific joints. Talk with your therapist about which tape is most appropriate for your child.

Price

\$5-\$35

Resources

Theratape.com: How Kinesiology Tape is Being Used in Pediatric Care

<https://www.theratape.com/education-center/kinesiology-taping-news/2698-how-kinesiology-tape-is-being-used-in-pediatric-care/>

Kinesiology Tape Info Center

<http://www.kinesiologytapeinfo.com/pediatric-kinesiology-taping/>

