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Sommario/riassunto	"Kinesiology tape is highly recommended by physical therapists, chiropractors, and professional trainers as an effective way to protect the body from injury. It's no surprise that kinesiology tape has been seen on famous athletes like soccer star David Beckham, tennis icon Serena Williams, and Olympian Kerri Walsh. Those famous athlete's have personal medical staff to tape 'em up, but now you can easily and affordably buy kinesiology tape for your own personal use at local drugstores and sporting good stores. Written by a certified kinesiology tape practitioner, this book teaches you how to care for 50 different head-to-toe personal pains and chronic conditions through comprehensive directions and instructive photos. The taping methods in this book address all injuries major and minor, from tendinitis and unstable joints to dislocations and post-surgery rehabilitation. The author teaches you how to master tape placement and tension so your body can perform its normal range of motions while simultaneously receiving amazing support."