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Autore	Kumbrink Birgit
Titolo	K-Taping : An Illustrated Guide - Basics - Techniques - Indications // by Birgit Kumbrink
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Descrizione fisica	1 online resource (x, 247 pages) : illustrations, portrait
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Soggetti	Physiotherapy Orthopedics Sports medicine Gynecology Neurology Sports Medicine
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1 The K-Taping Method -- 2 The Four Application Techniques -- 3 Muscle Applications -- 4 Ligament Applications -- 5 Corrective Applications -- 6 Applications for Specific Indications -- 7 Lymphatic Applications -- 8 Neurological Applications -- 9 Gynecological Applications.
Sommario/riassunto	K-Taping – the successful reference book Over 16,00 therapists who are already working with the method can confirm, that K-Taping is a unique tool assisting physiotherapists, sports physiotherapists, medical doctors, occupational therapists and others, in the treatment of an extraordinary variety of conditions – ranging from musculoskeletal issues (e.g. back pain, muscle tension, joint instabilities) to diverse pain conditions (e.g. migraine or menstrual pain) and even including post-operative lymphatic therapy (e.g. following breast cancer surgery). K-

Taping is also established in professional and competitive sport, as a tool for pre-training preparation, prevention and treatment. This practical guide provides all the background information you need, and shows you how to use the specially developed elastic K-Tape most effectively.

- K-Taping in theory - The special elastic tape's properties, basic principles and effects
- The function of K-Taping therapy - Fundamentals of K-Tape application
- Contraindications K-Taping in practice - The four major application techniques (muscle, ligament, correction, lymph applications), each described in detail and illustrated with a clinical case
- 70 particularly common medical conditions, and their treatment using K-Tape applications - Each technique illustrated in up to six full-color photos and anatomical drawings
- Concise step-by-step instruction, covering the specifics of each medical condition, plus additional practical tips
- At a glance: Memo boxes for each technique, summarizing the main points to remember

New for the 2nd edition - 20 additional application techniques for the fields of neurology and gynaecology (also including pre- and post-natal) - Approximately 150 additional colour photographs, to accompany and illustrate instructions

Course companion and reference book – a must have, whether you are currently studying K-Taping, or have already completed certification - As a companion to K-Taping training courses and - As refresher and reference book for the use of K-Taping in practice.
