

Kinesio Taping Fundamentals

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KEYWORDS

- Kinesio taping • Equine rehabilitation • Musculoskeletal diseases • Posture
- Complementary therapy

KEY POINTS

- Kinesio equine tape is lightweight, breathable, and allows full range of motion. It can be left on 24 hours a day for up to 5 days.
- The application of the tape on the skin can affect all of the layers of tissues and organs because they are all intimately interconnected.
- Kinesio taping application can relieve pain, increase range of motion, assist tissue recovery, optimize muscle function, and promote lymphatic flow.
- Kinesio taping assists rehabilitation of the horse in any phase; its main goal is to help the body's self-healing potential to bring tissues back to their homeostasis.

Absent a correct diagnosis, medicine is poison, surgery is trauma and alternative therapy is witchcraft.

—A. Kent Allen.

INTRODUCTION

Kinesio taping was first introduced in 1979 by Dr Kenzo Kase, a Japanese chiropractor and moxibustion practitioner (Fig. 1), as an efficient alternative to other wrapping or bandaging techniques already in use such as McConnell taping, compressive bandaging, and so on.

The idea underlying the invention of Kinesio Tex Tape was to have a tool working on the patients in between treatments. The consideration that all other types of bandages were in some ways restricting the range of motion and could not be worn longer than a few hours led Dr Kase to develop a particular type of elastic tape that could stay on for up to 5 days 24 hours per day.

Kinesio taping has been used for years, but it really broke out with 2008 Olympic Games when it had its first big media attention because it was used by many athletes.

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Fig. 1. Kenzo Kaze, the founder of Kinesio taping.

Since then, it has become usual to see it on athletes in almost all sports, although its main use remains in normal people's everyday life.

At the beginning of this century, the discovery of its potential use in animals and especially in equine athletes led many companies to develop equine taping as a very new and useful technique to be used in horses ([Fig. 2](#)).

Kinesio taping has been showing a great potential of application in almost all conditions that can be found in the equine athlete, from the competition ground to rehabilitation facilities. Especially in equine rehabilitation, it can be used to assess and treat muscular conditions, postural imbalances, and fascia restrictions; it has a great effect



Fig. 2. Use of Kinesio taping in horses.

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