

Week 4:

## **Benefits of Kinesiology Taping**

Although there is still a need for better scientific evidence, kinesiology taping might have a variety of beneficial effects. The creators of these products state that the following are the 3 main physiological effects of their products.

### **1) Fluid effects:**

The elastic properties of the tape can cause a vertical lift of the skin from the underlying tissue. This “lift” can cause a decompression of the space between the skin and the underlying tissues. This lift helps to increase circulation and lymphatic flow. This effect will only take place where the tape was applied.

### **2) Mechanical effects:**

The stretching properties of kinesiology tape are very similar to that of skin. Thus, this intervention can tap into the body’s stabilization system. The tape can provide proprioception to the structures underlying the tape. This gives the body a tactile and mechanical feedback mechanism.

### **3) Neurological effects:**

The decompressive properties of kinesiology taping help to reduce the pressure and compression of superficial nerve endings that lie under the skin. This effect helps to make nerves “fire less”; ultimately, helping to alleviate some types of pain.