

Have you ever seen sand volleyball or track athletes in the Olympics with long strips of blue, black, or pink tape down their arms or legs and wondered what this was? It is called Kinesio Tape and it is used to help heal many different conditions. The tape mimics the skin, and microscopically lifts the skin to improve blood flow and lymph drainage. Because it is made of cotton, it is comfortable, breathable, and can be left on for 3-5 days. It is water resistant, so it can survive showering and swimming.

Some conditions that can benefit from the use of Kinesio Tape are:

- Sports injuries
- Carpal tunnel syndrome
- Shoulder pain
- Knee pain
- Foot pain
- Back pain
- Bruises



Dr. Tripp was hit with a line drive while pitching in a coed softball game. After 2 days of limping around she put Kinesio Tape over her large bruise. Not only did the area under the tape heal more quickly than the rest of the bruise, but the overall pain decreased dramatically once it was taped.

If you are having pain and are wondering if Kinesio Tape could help, call us today at (630) 448-0255.