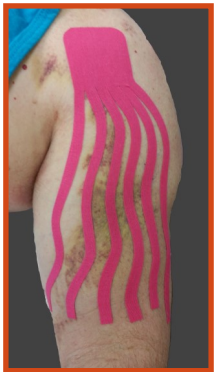




← May 26th

→ May 26th



← May 31st

→ June 2nd



**Shelly Yount**, right, PTA has worked in the world of therapy for many years prior to returning to school and achieving her Physical Therapist Assistant degree in 2009. She was a part of Physical Therapy of Concordia opening in 2004 and after graduating in 2009 she joined in the ownership of the business as well. In 2013 taping was visible in the summer Olympics which sparked an interest in how she could help her own patients by using tape. She tried a few taping applications on willing patients and saw some success in this. She then furthered her study in Kinesio Tape by becoming certified in the first two portions then 3 years later returned for additional certification. There has been a lot of success in Kinesio tape application in all ages and body parts.

**Jaala Schlesselman**, left, PTA earned her Physical Therapist Assistant degree from Penn Valley in May of 2011 and began working at Physical Therapy in July of 2011. Jaala is born and raised in Concordia, MO and had multiple injuries in high school which spiked her interest in Physical Therapy. Jaala went to her first Kinesio Taping course in 2013, then got her certification in KT1, KT2, KT3 and KT4 which includes a sports and orthopedic specialty. Jaala has been using it on multiple cases to assist with pain relief, swelling and mechanical joint correction to assist patients with ADL's in between appointments and to be able to return to sports quicker. There is not a joint that can not be taped in some way and Jaala enjoys how creative she gets to be when treating with Kinesio Tape.

# Kinesio Taping



## Physical Therapy of Concordia

607 S. Main, Suite A  
Concordia, MO 64020

Phone: 660-463-2588

Fax: 660-463-2589



### KINESIO TAPING IS....

- A therapeutic taping method using a uniquely designed elastic tape
- A modality that enhances the function of many different tissues and physiologic systems
- A modality that can be applied and worn for extended periods with continued therapeutic benefits between clinical visits.

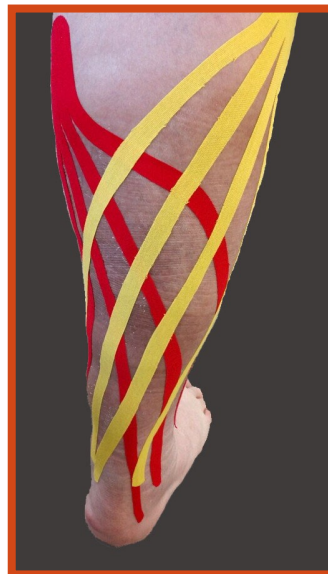
### KINESIO TAPING HISTORY....

- Dr. Kenzo Kase founded Kinesio Taping method
- Dr. Kase invented the Kinesio Taping Method in 1979 after 6 years of clinical development.
- It was first introduced into Japan's rehab hospitals
- Received first major international exposure in 1988—Seoul Olympics
- Introduced to USA in 1995 and the group formed in the US in 1997

### WHAT CAN KINESIO TAPING BE USED FOR?

- ⇒ AC Joint Pain
- ⇒ Achilles Tendonitis
- ⇒ Brachial Plexus Syndrome
- ⇒ Carpal Tunnel Syndrome
- ⇒ Elbow Bursitis
- ⇒ Hallux Valgus Pain
- ⇒ Headaches
- ⇒ Patella Tendonitis
- ⇒ Shin Splints
- ⇒ Lymphoedema
- ⇒ Constipation
- ⇒ Menstrual Pain

Virtually ANYTHING!



### COMMON ANSWERS....

- Kinesio tape can stay on anywhere from 3-5 days (sometimes more or less depending on how much you sweat, etc)
- You can shower in it, just pat dry instead of rolling the towel over it
- It is heat activated, so rubbing on it with your hand will help it stick better (**DO NOT USE A BLOW DRYER** to keep it on because it uses an acrylic adhesive and may take skin off when removed)
- Take the tape off if you experience any pain and/or worsening symptoms.
- Take the tape off if you notice itching under or around the tape
- There is **NO MEDICINE** in the tape
- You may swim with it on, just pat dry
- The tape stretches along the longitudinal axis only; unlike athletic or other tapes that you see being used
- The brands we use are hypoallergenic and latex free

### Helpful Hints...

- Take the tape off in the shower where the tape is soaked in water
- If the corners start to come off you can trim them with scissors
- Wrap an ace bandage or somethings around the tape (cut panty hose, etc) at night to keep it from rolling off