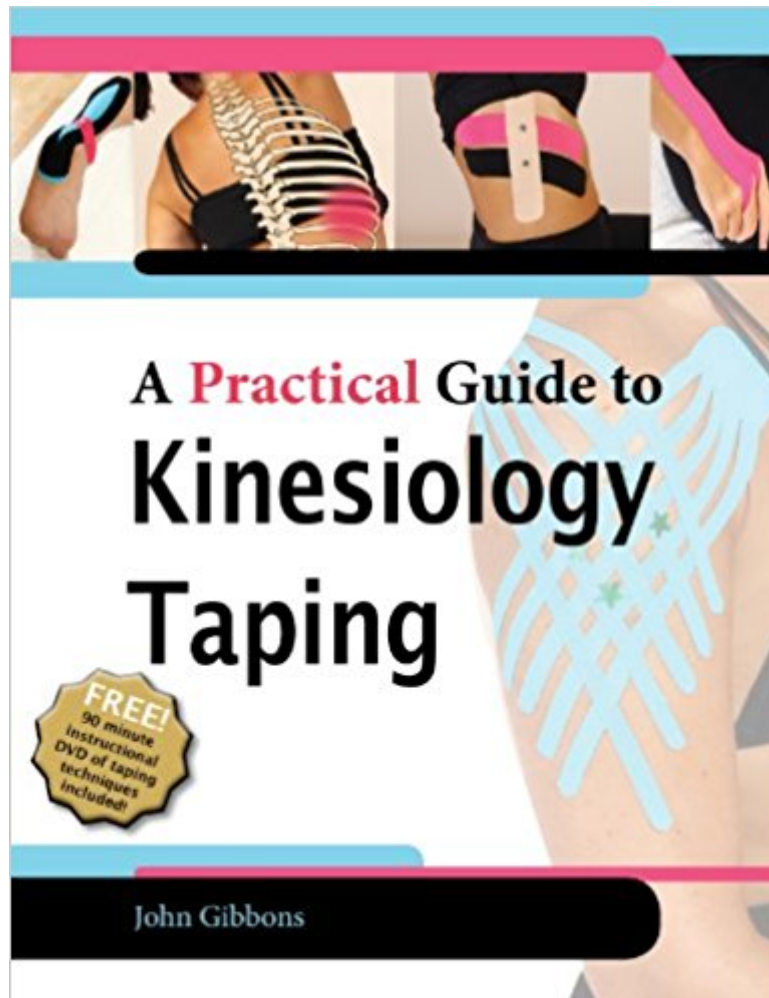




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A Practical Guide To Kinesiology Taping (With DVD)



Synopsis

This book with DVD is a must have for any physical therapist involved in the treatment of patients, athletes, or indeed anyone who may present with any type of sports related injury, albeit peripheral limbs, trunk and/or cervical spine pain. This book and has also been written for athletes and coaches who want to have a better understanding of how and when to apply these taping principles. Gibbons takes you on an educational journey as he guides you, step by step with this book and video, through the entire process of taping by first marking an area of dysfunction, then preparing and cutting tape, followed by application with variants for specific problems. The opening chapter discusses the principles and benefits of the 'kinesiology taping method' (KTM), explaining what it is and when and why you would apply it. The following chapters are designed as a practical guide on the application of tape to treat each individual area of pain and dysfunction through the use of pictorial demonstrations; he also gives a few examples of injuries common to each area of pain and the subsequent variations in taping applications. Gibbons has the ability to explain this fascinating, yet not widely understood, subject in a relatively simplistic way that should help every reader develop the ability to apply these phenomenal techniques, with confidence, in any setting. This book is unique as Gibbons highlights over '50' specific areas of pain that are identified through individual artistic illustrations that have actually been drawn onto the body. This book and video on Kinesiology taping are a must have on any therapist's shelf!

Book Information

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Customer Reviews

John Gibbons is a qualified and registered osteopath with the General Osteopathic Council,

specialising in the assessment, treatment, and rehabilitation of sport-related injuries, specifically for the University of Oxford sports teams. Having lectured in the field of sports medicine and physical therapy for over 12 years, John delivers advanced therapy training to qualified professionals within the Premiership football and rugby sectors. He has written many articles on various aspects of physical therapy, which have been published through the Federation of Holistic Therapists and the Sports Injury Bulletin.

Really impressed with this guy's knowledge and presentation. I have been K taping for a number of years and studied it a good deal. This book and DVD has increased my skill set considerably.

Good book for basic taping for anyone who has no training on it and just needs to learn basics for taping up someone. Would still recommend going thru training to learn more ins and outs of taping. But his helps get you thru the basics. Pictures are very helpful whereas the description was a little confusing.

The DVD that was included with the book did not work on my DVD player. Just kept flashing "Disc Error". I am very disappointed because I specifically ordered the book because of the disc. Would love to get another in exchange for this non working disc. I do enjoy the book as it has a lot of great information. To return the disc is far too complicated and time consuming.

Great book for visualization and information on Kinesio Taping to accompany any Training course. The free DVD wouldn't play in my DVD player though.

I found this to be an interesting study book and DVD(make sure to get the copy that has the DVD with it) on the subject that is hard to find. I found the techniques to work on me and are very well described. The only hard thing finding the tape to use from time to time.

This book for Kinesiology taping is an excellent reference source. It is very detailed with pictures & illustrations which are very easy to follow. I highly recommend this book for anyone who needs guidance when learning to use sports tape or a "seasoned" veteran that needs a refresher course.

This is a very helpful guide. It's easy to follow, and helped reduce my pain while I was healing.

Comprehensive without being too wordy. Great for teaching athletic teen to care for herself.

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