# Kinesiology Taping for Edema

## Edited Video Transcript

### Tape to Lift Up the Skin and Promote Circulation

All right, so taping for edema. If Zach had swelling in the shoulder, bruising in this shoulder, we can tape for edema to help remove that [swelling] just by lifting up the skin [and] promoting circulation. So what you're going to do [is] called the jellyfish method.

### The Jellyfish Method

You're going to make two jellyfish. The way you do that is you're going to measure out your tape, round one corner, then you're going to cut vertical strips up to make your jellyfish. [To] make your life easy—fold, fold, one cut, making three or four arms is all you need. Don't feel like you need to go crazy. Don't feel like you need to make a twenty-arm jellyfish type thing. So, three cuts. Now, I have four arms. Trim my corners, same process. I’m just going to line these things up. I learned this from this company. I’ve seen it before, okay. So now, I have two jellyfish. I’m going to apply the jellyfish arms down over the area of swelling. The head of the jellyfish is convenient, right. Apply it wherever is more convenient. Let's say Zach has a big bruise right there in his shoulder. I’m going to rip off the tape on the head of the jellyfish. This is going to be my anchor. Put my anchor down, then I’m just going to spread my arms out. I’ll show you so all you'll need to do [is] just lay them out. If they cross, they cross. It's not a big deal, okay. Then, I take my second jellyfish. Same thing—I rip off the head, lay my anchor down. Now, I take my second jellyfish, and I cross them over so it forms a basket weave or a pie lattice.

### The Crossed-Tape Area Creates Low Pressure and High Pressure to Pull Fluid Away

They don't have to interlace; that's not necessary, nothing like that. So now, the area of crossing is where you really are going to get that focus because where the tape is, you've got decompression—less pressure. Where the tape is not, you have more pressure. So, you've got [an] area of low pressure, high pressure, low pressure, high pressure, low pressure, high pressure. If you see it on the weather map, you get wind! That's what we're going to do is we're going to create wind and pull that fluid.