# Kinesiology Taping for Pain

## Edited Video Transcript

### Identify the Painful Area, then Measure Your Client’s Body Part to Tape.

All right, taping for pain. What we do to tape for pain. First, we're asking about the pain. So, “Bryn tell me about your pain. Yeah, please. I’m going to write in this area. Point to where the pain is worst. Yeah, this… one? Okay, and what makes it worse? Okay, right now what you're pointing [at], okay, all right.” So, we first do a rough measure on your tape. In this case, I’m going to do two strips right along the area where she's having pain. Starting at her hairline, a little bit down, and I’m going to come down to probably right about here-ish [speaker points to upper back]. Optimally, might go a little bit lower, but this will be fine for working it. I’m going to want two of [strips of tape]… So we have double the length we need. I’m going to round my corners. Rounding your corners—simply take corners around the closed end, come up around your corners, okay? So now, like I said, we tape motion not muscles. We can list all the muscles involved here, instead, what we're going to do is put that area under light stretch.

### Put the Painful Area Under a Light Stretch.

So how do we put that area of pain under a light stretch? What makes it feel kind of stretchy? Yeah! So we're going to lightly flex, right, to the point of discomfort. Don't worry about pain. I’m going to take one piece of tape, apply it. So what I do, take an end, just rip through, peel off an end—no stretch on the tape. I’m going to start, right, south of her hairline, come down, apply. Take my second piece of tape, peel off my end, apply. Then I’m going to do a counter force. That's going to be a strip going the other direction. “So you said kind of right [in you upper back] in here, moving up, right about there, is my guess.” I’m going to take another piece of tape, trim my corners. Look what I do this time. Effectively, I’m just going to cross this.

### The Principle—Put the Painful Area Under Stretch. Lay A Piece Down. No Stretch. Lay A Cross Piece Down. Light Stretch. +

So, I just made a cross, just so it covers both of them. Now this piece of tape, I’m going to put under a light stretch. What I do is I actually take it, rip it in the center, fold my ends back, so I’ve got like that... Put under light stretch. This is full stretch—that's light stretch. Lay that down. Rub the tape. Get that heat activation going. Less friction? Good question. Doesn't matter. You just take the area, yeah, just take the area that you're looking at. If it's a little area, do one piece of tape. [If] it's a big area, do more than one piece of tape, all right? This is a pretty big area—two [pieces of tape] looks about right. Now, low back—I might do three. Arm—I might do one. Fingers—might do a quarter strip. I’m just going to take whatever I need. I’m going to look at that angle, about how many pieces of tape can I fit there? But it's the same principle—put it under stretch. Lay a piece down. No stretch. Lay a cross piece down. Light stretch.