# Kinesiology Taping for Scar Management

## Edited Video Transcript

### Create Motion in the Scar to See Where It Does Not Want to Move

All right, so now we're going to tape a scar. We've got a scar. The first thing you do is to create that motion—see where it does not want to move? I can just grab, and I just pull on it. It has pretty good up down, but it doesn't want to move side to side. So, I’m going to take my tape—most scars are pretty small—so we're going to end up taking one piece of tape, [and] cutting it right down the center. I’m actually going to probably cut it a little narrower, cut into thirds, doesn't have to be exact. Now, I’ve got three narrower pieces of tape. Trim my corners, okay.

Use Opposite-Force Direction—Tape along the Direction the Scar Does Not Want to Move   
Now, I’m going to take my first piece of tape, tear it at one end, lay my anchor down, take my tape—moderate amount of stretch, not full stretch—about halfway. Lay it down. Scar's running right here, down that center line, okay. Then, I’m going to take my other piece of tape and do it in the opposite [direction]. So, put my anchor up here, moderate amount of stretch, lay it down. It wasn't wanting to move this way, so I’m having the tape—one tape pulling this way, one tape pulling this way. I’m going to leave it on for a few days, reassess, [and] put new pieces of tape down.

Reassess and Retape after a Few Days

Let's say now it doesn't want to move [vertically] way. I’m going to put the tape going this… way. You can make them in X's over time, yes, because over time, the skin remodels. Even an old scar over time, the skin will remodel. You'll reduce both the adhesiveness of the scar and appearance of scars. It will take a long time because it takes a long time for skin to remodel. But the nice thing with this is scar massage, you have to train the client, and they have to do it several times a day. Guess what? They don't. Whereas [with] this [taping], you just throw it down, and you're effectively sending that little therapist home with them. That's going to do all the work in between your next visit, okay? That is taping for scars.