Muscle Tape ®

Sports Balance Tape

MUSCLE TAPE ® is a very thin, porous cotton fabric (about the same thickness as skin), with a medical grade acrylic adhesive. A special method of adhesive application and porous nature of the fabric allows the skin to breathe. MUSCLE TAPE ® is a specially-designed heat-sensitive tape that offers the patient or athlete extra support and stability during rehabilitation. MUSCLE TAPE ® allows full range of motion during daily activities. MUSCLE TAPE ® taping technique is utilized by occupational therapists, physical therapists, pro athletic trainers, and chiropractors in a variety of settings: hospitals, clinics, high schools, universities, and both amateur and professional sports teams. The MUSCLE TAPE ® taping method involves applying a specialized tape from origin to insertion, or insertion to origin over muscle to decrease pain and inflammation, reduce muscle fatigue and support muscles in movement 24 hours a day.

MUSCLE TAPE ® can be used for a range of conditions such as: Achilles tendonitis, bicep tendonitis, cervical and lumbar sprains, carpal tunnel syndrome, deQuervains syndrome, elbow bursitis, headaches, shin splints, plantar fascitis, patellar pain, scoliosis, and lymphedema.

Characteristics of the MUSCLE TAPE ®

- 130% elasticity
- Heat-activated adhesive
- Air circulating wave fabric
- Water resistant
- Latex free
- Durable: Each application lasts 3 to 4 days
- Non-Medicated
- Thickness is similar to that of human skin

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How does MUSCLE TAPE ® work?

The MUSCLE TAPE ® taping is a technique based on the body's own natural healing process. This MUSCLE TAPE ® taping exhibits its efficacy through the activation of neurological and circulatory systems.   This method basically stems from the science of Kinesiology.   Muscles are not only attributed to the movements of the body but also control the circulation of venous and lymph flows, body temperature, etc.   Therefore, the failure of the muscles to function properly induces various kinds of symptoms.

Consequently, so much attention was given to the importance of muscle function that the idea of treating the muscles in order to activate the body's own healing process came about. Using an elastic tape, it was discovered that muscles and other tissues could be helped by outside assistance. Employment of the MUSCLE TAPE ® taping creates a totally new approach to treating nerves, muscles, and organs.
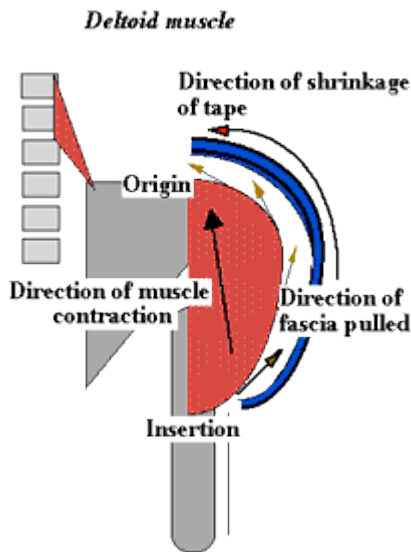
MUSCLE TAPE ® Tape Effects

To Stretch or NOT to Stretch.... a recommended elasticity of MUSCLE TAPE ® for this technique is from 130-140% of its original length.   An important point to remember is that for damaged muscle, the tape is applied UNSTRETCHED.   In this case, we stretch the skin of the affected area before application of the tape.   This is done by stretching the muscles and joints in the affected area.   After application, the taped skin will form convolutions when the skin and muscles contract back to their normal position.   When the skin is lifted by this technique, the flow of blood and lymphatic fluid beneath the skin improves.
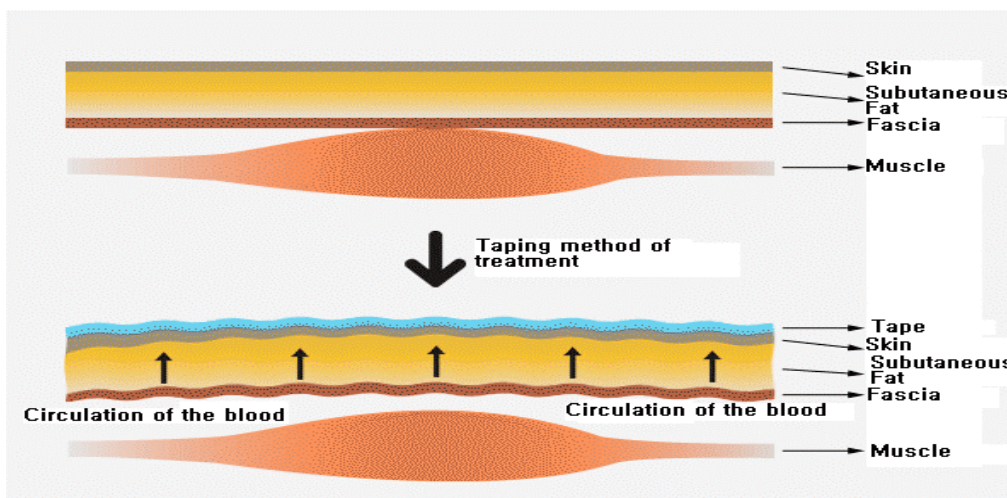
Taped area forms convolutions then it increases the space between the skin and muscles and promotes the flow of lymphatic fluid.   On the other hand, if joints or ligaments are injured, the tape should be STRETCHED before application to the skin.   The damaged joints or ligaments are incapable of functioning normally and rely on stretched tape for correction.   It is also important to note that while depending on the injury, tape is either stretched or not stretched, this does not mean that the actual application technique will change.

To treat a weakened muscle, apply tape from origin to insertion.

Deltoid muscle

Direction of shrinkage of tape

Origin

Direction of muscle contraction

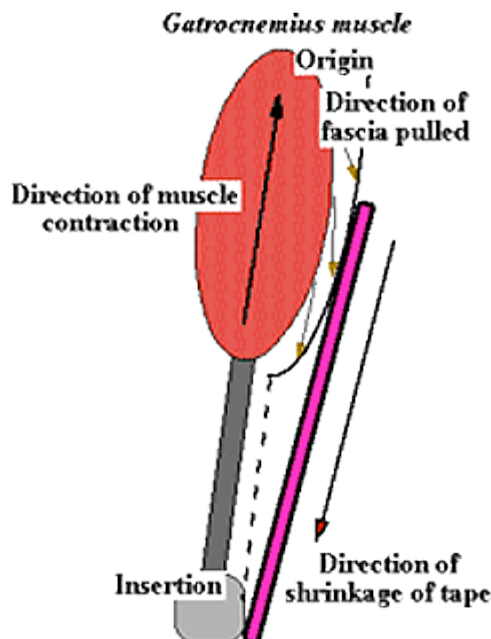Direction of fascia pulled

Insertion

Tape can be applied as a single strip [I], or in the shapes of an "X" or "Y", depending on the shape and size of the targeted muscle(s).   The basic principle of therapeutic taping for weakened muscle is to wrap the tape around the affected muscle.   Start from where the muscle begins [ORIGIN] and continue along the muscle, and finish where the muscle ends [INSERTION].

For preventing cramping or over-contraction (overuse of muscles), tape should be applied from insertion to origin. If you are treating yourself without assistance, it is important to remember the basic principle of stretching the skin before application, no matter where the pain is located.   For example, if the body-side of the forearm is the source of the pain, you should bend your hand back before applying the tape.   Similarly, if the source of pain is the outside of the forearm, then the wrist should be bent forward.   This principle must be strictly observed.   For treatment of muscle pain, MUSCLE TAPE $^®$ taping is ineffective unless the skin is stretched

To prevent cramping or over-contraction of a muscle, apply tape from insertion to origin.

Gatrocnemius muscle

Origin

Direction of fascia pulled

Direction of muscle contraction

Insertion

Direction of shrinkage of tape

MUSCLE TAPE [®] **Concepts**

Muscles constantly extend and contract within a normal range; however, when muscles over-extend and over contract, such as when lifting an excessive amount of weight, muscles cannot recover and become inflamed.   When a muscle is inflamed, swollen or stiff due to fatigue, the space between the skin and muscle is compressed, resulting in constriction to the flow of lymphatic fluid.   This compression also applies pressure to the pain receptors beneath the skin, which in turn communicates, "discomfort signals" to the brain & emdash; the person experiences PAIN. This type of pain is known as myalgia, or muscular pain.

Space for Flow of Lymphatic Fluid
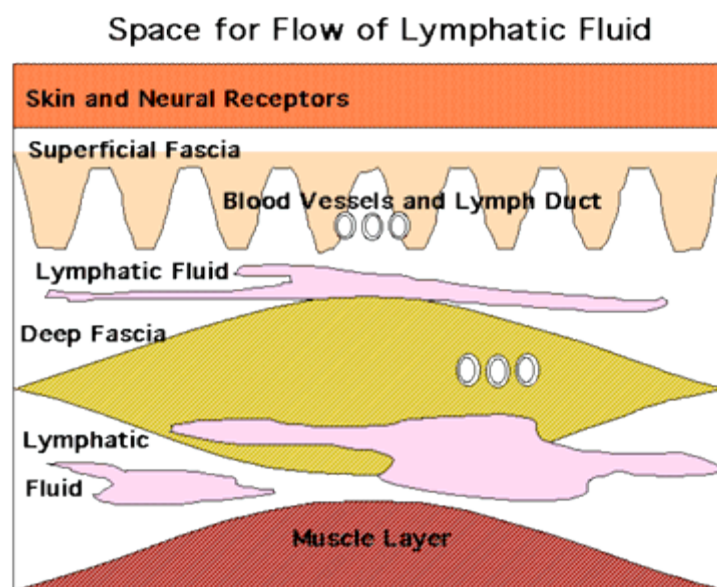
Conventional athletic tape is designed to restrict the movement of affected muscles and joints. For this purpose, several layers of tape must be rolled around and/or over the afflicted area, applying significant pressure; resulting in the obstruction of the flow of bodily fluids...an UNDESIRABLE side-effect.   This is also the reason athletic tape is generally applied immediately before the sports activity, and removed immediately after the activity is finished. On the other hand, MUSCLE TAPE[®] taping is based on a different philosophy that aims to give free range of motion in order to allow the body's muscular system to heal itself bio-mechanically.