



SIMON SPINE

Kinesiology Tape

Congratulations! You are receiving the same advanced therapeutic procedure that Olympic and professional athletes receive for their pains, misalignments and injuries.

Kinesiology tape was invented by a Japanese chiropractor to help support and strengthen the body's natural healing properties.

Simon Spine uses KinesioTape as well as RockTape



KINESIOLOGY TAPING BENEFITS:

1. **REDUCES PAIN** by causing the body to release Endorphins and Enkephalins (the body's natural pain relievers).
2. **HELPS ADJUSTMENTS HOLD** by gently supporting the area.
3. **REDUCES SWELLING** by improving lymphatic flow.
4. **REDUCES MUSCLE SPASM** by reducing muscle fatigue and over contraction.

KINESIOLOGY TAPING INSTRUCTIONS:

- Shower and bathe as usual and simply pat the KinesioTape with a towel.
- **Do not** rub with a towel. **Do not** dry with a blow dryer.



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- Ice can be applied over the tape for additional relief.
- The tape is not magnetic or medicated. However, a very small percentage of patients may experience sensitivity or allergic reaction to the glue. Remove the tape, should any problems develop. Mild itching can be a sign of increased blood flow, and should not be mistaken for an allergic reaction.
- Leave the tape on as long as you can. It should begin to come off as the outer skin layer naturally sloughs off, about two to seven days.