



KINESIOLOGY TAPE

The kinesiology tape is an adhesive and elastic tape very similar to the characteristics of human skin in thickness and weight. It has 50-60% elasticity over the original length and it offers a bio-mechanic action on the human body. The glue employed in this tape is a medical acrylic adhesive and when it is applied on the skin surface it will produce a wave type action. This is its main characteristic. Kinesiology Tape does not contain medical or chemical ingredients. It is water-resistant it helps transpiration of the skin and each application resists for several days. This form of taping when applied on the human body will give a constant drainage and once removed, it does not leave residue glue on the skin. This tape is suitable for neuromuscular taping **TNM**, that is to say a taping with bio-mechanic effects suitable for the treatment of muscle disorders, blood and lymphatic circulation disorders, to calm pain and to correct joint alignment. This taping system has taken the sports medicine and rehabilitation world by storm.

NEUROMUSCULAR TAPING SYSTEM TNM

The **neuromuscular taping system TNM** involves taping over and around muscles to assist and give support or to prevent excessive muscle contraction. This technique gives the practitioner the opportunity to give support while maintaining full range of motion, enabling the individual to participate in physical activity with functional assistance. Moreover it helps prevent overuse or over-contraction of muscle tissue and helps fa-

ilitation of lymph flow 24 hours a day.

The **neuromuscular taping system TNM** is commonly used in an acute rehabilitation phase and it can be used in combination with other therapeutic techniques such as: cryo therapy, hydrotherapy, massage and electric stimulation.

This **TNM** taping system considers muscles to play a very important part in the human body, in fact they are not only responsible for movements but also to control the venous and lymphatic circulation. Consequently, great attention is given to muscles and to the concept to treat them in order to activate the body's own healing process. The application of **Kinesiology Tape** and the **TNM** application system create a new approach to treating nerves and muscles. Since the introduction of this taping system in Europe, medical practitioner and therapists have recognized and embraced this effective, safe and easy-to-use technique. The Kinesiology Tape and **TNM** application system allow the individual to receive therapeutic benefits all day long, and it can be worn for several days at a time. **Kinesiology Tape** is used in hospitals, clinics, universities, schools and by professional sports teams.



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150 160 % ELASTICITY MAKES THE DIFFERENCE.