Approaches To Kinesiology Taping: Rocktape

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Objectives

- To review the purpose and function of kinesiology tape and characteristics of design, application, and indication that are unique to Rocktape.
- To demonstrate the application of Rocktape for various uses of kinesiology tape.

Purpose and Function of Kinesiology Taping

- Reduce pain through tissue decompression
- Improved range of motion
- Increase lymphatic system efficiency
- Reduce inflammation
- Promote good circulation and healing

ITB CASE STUDY

Unwrapped

Wrapped

Wrapped with Rocktape
Purpose and Function of Kinesiology Taping

- Re-educate the neuromuscular system
- Prevent injury
- Assist in returning body to homeostasis
- Improve power and strength
- Increase anaerobic threshold of muscle endurance

Rocktape Design

- Stretchier
- Stickier
- Sexier
- Wear 24 hours a day for up to 5 days
- Hypoallergenic

Application Techniques

- Movement evaluation basis (squat test, lunge test, single-leg squat test, push-up, diamond test, rolling patterns)
- Dry skin (no oils or lotions)
- Shave or trimmed hair
- Test strip 10-15 minutes
- Rub the tape to activate adhesive
- Tape fascial lines, not muscles
- “Anatomy Trains” by Thomas Myers
- Rounded edges to decrease peeling (trim p.r.n.)
- 15-20% stretch as it pulls off of the paper – no variations in stretch
- Always start and end tape anchors on skin, not tape, without a stretch
**Indications and Contraindications**

**Indications**
- Reduce **PAIN** through tissue decompression
- Improve efficiency of lymphatic system to decrease **SWELLING**
- Improve **POSTURE** by increasing kinesthetic awareness and neuro feedback through tension
- Decrease symptoms associated with peripheral **NERVE ENTRAPMENT**
- Decrease symptoms related to **SCAR** tissue

**Contraindications**
- Never over Open Wounds
- Never with Active Infection
- Never with Active Cancer Site
- Never with kidney or Heart Congestion
- Never stretch tape anchors
- Never with History of skin reactions

**Demonstrations – Pain Taping**

Patellar Tendinitis
- Stretch and preload the skin to engage receptors
- Apply stabilization strips while in stretched position
- Apply decompression strip perpendicular to stabilization strips while in stretched position

**Demonstrations – Increased Lymphatic System Efficiency**

Ankle Sprain
- Once again, stretch and preload the skin
- Basketweave strips
Demonstrations – Posture
Decrease Upper Cross Syndrome

- Place body in desired posture
- Apply stabilization strip(s) along fascial lines with little or no stretch

Demonstrations – Posture (Cont.)
Helical to Decrease Valgus Stress

Demonstrations – Nerve Entrapment
Brachial Plexus Radiculitis

- Position patient with affected side arm extended back, wrist extended, and neck rotated away from the affected side.
- Apply tape to follow the nerve
Demonstrations – Scar Taping

- Scar Tissue Assessment – move tissue surrounding scar in multiple directions. Mobility should be equal in multiple directions in normal tissue.
- Apply tape in same direction as mobility restriction.
- Can be used immediately following surgery without crossing over the incision/open wound.

thank you!

References