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# Clinical Kinesiology Taping Fundamentals for Occupational Therapists

## Part I: Basics and Lymphatic Taping

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 98 slides and is 173 minutes in duration.

### I. Kinesiology taping fundamentals

- A. The history of taping
- B. Modern rehabilitation taping
- C. Light elastic tapes
  - 1. Titanium tape
  - 2. SpiderTech tape
  - 3. KinesioTex tape
  - 4. Kinesiology therapeutic tape (KT tape)

Interactive Questions – slide 22 @ 34 minutes

### II. Athletic and clinical taping

- A. Tape comparisons
  - 1. Athletic tape
  - 2. Leuko tape
  - 3. Cover roll
  - 4. KinesioTex tape
  - 5. KT tape
- B. Applying the tape
  - 1. Removing the tape backing
  - 2. Manufacturing
  - 3. The infrahyoid

Interactive Questions – slide 38 @ 68 minutes

### III. Light elastic tapes

- A. Qualities of light elastic tapes that make them unique
- B. Application of light elastic tapes
  - 1. How it works once applied
  - 2. How tension and application affects its properties
  - 3. Types of tape cuts
  - 4. Difficulties
    - i. New vs. old ideas in uses of tape
    - ii. Learning new tape-handling skills

Notes

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C. Tools

1. Skin preparation
2. Scissors
3. Skin protectants
4. Tape adherents
5. Tape removal oils

D. Tape removal

1. Process
2. Patient education
3. Considerations for pediatric and geriatric patients

Notes

Interactive Questions – slide 65 @ 107 minutes

IV. Lymphatic taping

- A. The lymphatic system and inflammation
- B. How does it work?
- C. Example: application to the knee
- D. Things to note
- E. How to tape around Steri Strips, incisions and scars
- F. Areas to avoid
- G. Contraindications

Interactive Questions – slide 96 @ 170 minutes

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