

Contents

1	The K-Taping Method	1	3.2.7	Intrinsic back musculature (erector spinae), application for the lumbar region	61
1.1	From Theory to Therapeutic Methodology	2	3.3	Muscle application for the lower extremities	63
1.2	The elastic stretch K-Tape	3	3.3.1	Adductor longus	63
1.2.1	Indications of inadequate tape quality	4	3.3.2	Rectus femoris	65
1.2.2	Tape with pharmaceutically active ingredients	5	3.3.3	Biceps femoris	67
1.3	User and areas of application	6	3.3.4	Semimembranosus	69
1.4	Training for K-Taping Therapists	6	3.3.5	Gluteus maximus	71
1.5	CROSS-TAPE®	6	3.3.6	Tibialis anterior	73
1.6	Basic functions and effects of K-Taping	6	3.3.7	Extensor hallucis longus	75
1.6.1	Improvement of muscle function	7	4	Ligament Applications	77
1.6.2	Elimination of circulatory impairments	7	4.1	Ligaments and tendons	79
1.6.3	Pain reduction	7	4.1.1	Collateral ligaments of the knee	79
1.6.4	Support of joint function	9	4.1.2	Patellar ligament	81
1.7	Application and removal of the tape	9	4.1.3	Achilles tendon	83
1.8	Contraindications	11	4.1.4	Lateral collateral ligaments of the ankle joint	85
1.9	Color theory	11	4.2	Special form of ligament application:	
1.10	Diagnosis	11		spacetape	87
2	The Four Application Techniques	13	4.2.1	Spacetape pain point	87
2.1	Muscle applications	14	4.2.2	Spacetape Trigger point	89
2.1.1	Muscle function	14	5	Corrective Applications	91
2.1.2	Mode of action of the K-Taping	14	5.1	Functional correction	93
2.1.3	Executing the application	14	5.1.1	Patella correction	93
2.2	Ligament applications	16	5.1.2	Scoliosis	95
2.2.1	Ligament applications (Ligamenta)	17	5.1.3	Spinous process correction	97
2.2.2	Ligament applications for tendons	21	5.2	Fascia correction	99
2.2.3	Space tape	23	5.2.1	Fascia correction of iliotibial tract	99
2.3	Corrective applications	25	5.2.2	Inflammation of the superficial pes anserinus	101
2.3.1	Functional correction	25	5.2.3	Frontal headache	103
2.3.2	Fascia correction	27	5.2.4	Anterior shoulder instability	105
2.4	Lymphatic applications	28	5.2.5	Hallux valgus	107
2.4.1	Causes of lymphostasis	28	6	Applications for Specific Indications	109
2.4.2	Mode of action of lymphatic applications	31	6.1	Head	111
3	Muscle Applications	35	6.1.1	Tinnitus	111
3.1	Muscle applications for the upper extremities	37	6.1.2	Migraine	113
3.1.1	Trapezius	37	6.1.3	Whiplash	115
3.1.2	Deltoid	39	6.1.4	Temporomandibular joint	117
3.1.3	Biceps brachii	41	6.2	Trunk	119
3.1.4	Triceps brachii	43	6.2.1	Thoracic outlet syndrome (TOS)	119
3.1.5	Infraspinatus	45	6.2.2	Asthma	121
3.1.6	Extensor carpi radialis longus muscle	47	6.2.3	Scoliosis	123
3.2	Muscle applications for the trunk	49	6.2.4	Lumbar vertebral syndrome (LVS)	125
3.2.1	Pectoralis minor	49	6.2.5	Micturition disorders	127
3.2.2	Pectoralis major	51	6.2.6	Menstrual disorders	129
3.2.3	Rectus abdominis	53	6.2.7	Uterine prolapse	131
3.2.4	External oblique	55	6.2.8	Scar tape	133
3.2.5	Internal oblique	57			
3.2.6	Iliacus	59			

6.3 Upper extremities	135	7.2 Lower extremities	175
6.3.1 Impingement syndrome	135	7.2.1 Drainage of the thigh	175
6.3.2 Biceps tendonitis	137	7.2.2 Drainage of the lower leg/entire leg	177
6.3.3 Epicondylitis	139	7.2.3 Drainage of the entire leg	179
6.3.4 Carpal tunnel syndrome	141	7.2.4 Drainage of the foot	181
6.3.5 Wrist stabilization	143	7.2.5 Stemmer sign in the foot	183
6.3.6 Finger contusion	145	7.2.6 Drainage using the leg spiral tape	185
6.4 Lower extremities	147	7.3 Trunk	187
6.4.1 Hip problems	147	7.3.1 Drainage of upper trunk quadrant	187
6.4.2 Torn muscle fibers	149	7.3.2 Drainage of lower trunk quadrant I	189
6.4.3 Osteoarthritis of the knee joint	151	7.3.3 Drainage of lower trunk quadrant II	191
6.4.4 Achillodynia	153	7.3.4 Drainage of abdomen	193
6.4.5 Ankle joint distortion	155	7.4 Additional lymphatic applications	195
6.4.6 Splayfoot, fallen arch, and flatfoot	157	7.4.1 Drainage of the face	195
7 Lymphatic Applications	159	7.4.2 Drainage of the shoulder joint	197
7.1 Upper extremities	161	7.4.3 Drainage of the knee joint	199
7.1.1 Drainage of medial upper arm	161	7.4.4 Fibrosis/hematoma	201
7.1.2 Drainage of lateral upper arm	163	References	203
7.1.3 Drainage of forearm/entire arm	165	Subject Index	205
7.1.4 Drainage of upper arm – medial and lateral	167		
7.1.5 Drainage of hand	169		
7.1.6 Protein fibrosis (Stemmer sign) in the hand	171		
7.1.7 Drainage using the arm spiral tape	173		