

Benefits Of Using Kinesiology Tape



Relieves sore and strained muscles



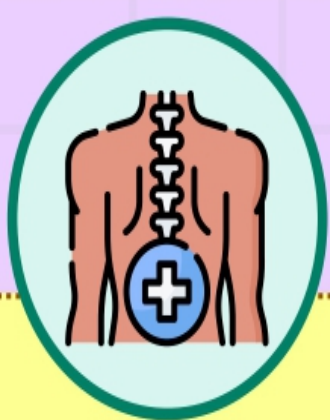
Supports tired muscles by reducing the pressure on them



Enhances the rate of muscle recovery



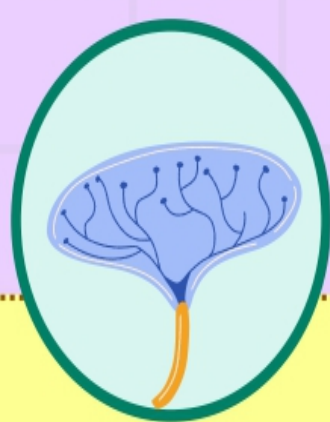
Reduces post-surgery swelling and inflammation



Prolongs the soothing effects of physiotherapy



Promotes lymphatic circulation and drainage



Constant contact improves sensory response, enhancing better coordination



Serves as a safer alternative to oral medications

References:

1. The Benefits Of Kinesiology Tape; United States Olympic & Paralympic Committee
2. How the Benefits of Kinesio Taping Apply to More Than Just Athletes; National University Of Health Sciences
3. Kinesiology Tape 101: What Is K-Tape? - UPMC HealthBeat