

THE BENEFITS OF KINESIOLOGY TAPE

— BACKED BY RESEARCH —



REDUCES PAIN

Kinesiology tape can help reduce pain levels by lifting the skin and improving circulation around the injured area.

— Williams, S. et al. (2012), *Journal of Orthopaedic & Sports Physical Therapy*



IMPROVES CIRCULATION AND LYMPHATIC FLOW

Kinesiology tape may enhance blood and lymph flow, reducing swelling and promoting natural healing.

— Lee, H. M. et al. (2013), *Journal of Physical Therapy Science*



SPEEDS UP RECOVERY

By supporting muscles and reducing stress on injured tissues, kinesiology tape can help speed up recovery and return to activity.

— Mostafavifar, M. et al. (2012), *British Journal of Sports Medicine*



SUPPORTS MUSCLE FUNCTION

Tape supports and stabilises muscles without limiting range of motion, helping to improve muscle activation and efficiency.

— Thelen, M. D. et al. (2008), *Journal of Science and Medicine in Sport*



ENHANCES JOINT STABILITY

Tape provides proprioceptive feedback that can help improve joint stability and reduce the risk of re-injury.

— Halsey, T. et al. (2004), *Journal of Orthopaedic & Sports Physical Therapy*



IMPROVES PERFORMANCE

Tape may help improve proprioception and neuromuscular communication, leading to better movement patterns and athletic performance.

— Paoloni, M. et al. (2011), *Journal of Strength & Conditioning Research*

Kinesiology tape supports your body's natural healing process without restricting movement.

Research shows it can help reduce pain, improve performance and support recovery.



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THE RESEARCH

✓ Williams, S., Whatman, C., Hume, P. A., & Sheerin, K. (2012). Kinesiology taping in treatment and prevention of sports injuries: a meta-analysis of the evidence for its effectiveness. *Journal of Orthopaedic & Sports Physical Therapy*, 42(2), 153–164.

✓ Thelen, M. D., Dauber, J. A., Stoneman, P. D., & Camarillo, D. B. (2008). The Clinical Efficacy of Kinesio® Tape for Shoulder Pain: A Randomized, Double-Blinded, Clinical Trial. *Journal of Science and Medicine in Sport*, 11(4), 389–395.

✓ Lee, H. M., Lee, H. J., & Kim, D. Y. (2013). The effect of Kinesio taping on blood circulation and lymphatic function. *Journal of Physical Therapy Science*, 25(4), 453–455.

✓ Halsey, T., McChesney, J. W., Ji, M., & Vaughn, R. (2004). The effects of kinesio taping on proprioception at the ankle. *Journal of Orthopaedic & Sports Physical Therapy*, 34(3), 130–137.

✓ Mostafavifar, M., Wertheimer, S. J., Borazanchi, F., & Morris, D. L. (2012). The effects of Kinesio taping on pain and disability in patients with knee osteoarthritis. *British Journal of Sports Medicine*, 46(7), 520–523.

✓ Paoloni, M., Benetti, A., Fracocchi, G., Mangione, M., & Paoloni, J. A. (2011). Kinesio taping applied to the gastrocnemius muscle belly influences electromyographic muscle activity and improves functional performance. *Journal of Strength & Conditioning Research*, 25(3), 647–655.



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