

Content

1	The K-Taping Method	1
	<i>Birgit Kumbrink</i>	
1.1	From Theory to Therapeutic Methodology	2
1.2	The Elastic Stretch K-Tape	3
1.2.1	Indications of Inadequate Tape Quality	4
1.2.2	Tape with Pharmaceutically Active Ingredients	5
1.3	User and Areas of Application	6
1.4	Training for K-Taping Therapists	6
1.5	Cross-Tape	6
1.6	Basic Functions and Effects of K-Taping	6
1.6.1	Improvement of Muscle Function	7
1.6.2	Elimination of Circulatory Impairments	7
1.6.3	Pain Reduction	7
1.6.4	Support of Joint Function	9
1.7	Application and Removal of the Tape	9
1.8	Contraindications	11
1.9	Color Theory	11
1.10	Diagnosis	11
	References	11
2	The Four Application Techniques	13
	<i>Birgit Kumbrink</i>	
2.1	Muscle Applications	14
2.1.1	Muscle Function	14
2.1.2	Mode of Action of the K-Taping	14
2.1.3	Executing the Application	14
2.2	Ligament Applications	16
2.2.1	Ligament Applications (Ligamenta)	17
2.2.2	Ligament Applications for Tendons	21
2.2.3	Spacetape	23
2.3	Corrective Applications	25
2.3.1	Functional Correction	25
2.3.2	Fascia Correction	27
2.4	Lymphatic Applications	28
2.4.1	Causes of Lymphostasis	28
2.4.2	Mode of Action of Lymphatic Applications	31
	References	33
3	Muscle Applications	35
	<i>Birgit Kumbrink</i>	
3.1	Muscle Applications for the Upper Extremities	37
3.1.1	Trapezius	37
3.1.2	Deltoid	39
3.1.3	Biceps Brachii	41
3.1.4	Triceps Brachii	43
3.1.5	Infraspinatus	45
3.1.6	Extensor Carpi Radialis Longus Muscle	47
3.2	Muscle Applications for the Trunk	49
3.2.1	Pectoralis Minor	49

3.2.2	Pectoralis Major	51
3.2.3	Rectus Abdominis	53
3.2.4	External Oblique	55
3.2.5	Internal Oblique	57
3.2.6	Iliacus	59
3.2.7	Intrinsic Back Musculature (Erector Spinae), Application for the Lumbar Region	61
3.3	Muscle Application for the Lower Extremities	63
3.3.1	Adductor Longus	63
3.3.2	Rectus Femoris	65
3.3.3	Biceps Femoris	67
3.3.4	Semimembranosus	69
3.3.5	Gluteus Maximus	71
3.3.6	Tibialis Anterior	73
3.3.7	Extensor Hallucis Longus	75
	References	75
4	Ligament Applications	77
	<i>Birgit Kumbrink</i>	
4.1	Ligaments and Tendons	79
4.1.1	Collateral Ligaments of the Knee	79
4.1.2	Patellar Ligament	81
4.1.3	Achilles Tendon	83
4.1.4	Lateral Collateral Ligaments of the Ankle Joint	85
4.2	Special Form of Ligament Application: Spacetape	87
4.2.1	Spacetape Pain Point	87
4.2.2	Spacetape Trigger Point	89
	References	89
5	Corrective Applications	91
	<i>Birgit Kumbrink</i>	
5.1	Functional Correction	93
5.1.1	Patella Correction	93
5.1.2	Scoliosis	95
5.1.3	Spinous Process Correction	97
5.2	Fascia Correction	99
5.2.1	Fascia Correction of Iliotibial Tract	99
5.2.2	Inflammation of the Superficial Pes Anserinus	101
5.2.3	Frontal Headache	103
5.2.4	Anterior Shoulder Instability	105
5.2.5	Hallux Valgus	107
6	Applications for Specific Indications	109
	<i>Birgit Kumbrink</i>	
6.1	Head	111
6.1.1	Tinnitus	111
6.1.2	Migraine	113
6.1.3	Whiplash	115
6.1.4	Temporomandibular Joint	117
6.2	Trunk	119
6.2.1	Thoracic Outlet Syndrome (TOS)	119
6.2.2	Asthma	121
6.2.3	Scoliosis	123
6.2.4	Lumbar Vertebral Syndrome (LVS)	125

6.2.5	Micturition Disorders	127
6.2.6	Menstrual Disorders	129
6.2.7	Uterine Prolapse	131
6.2.8	Scar Tape	133
6.3	Upper Extremities	135
6.3.1	Impingement Syndrome	135
6.3.2	Biceps Tendinitis	137
6.3.3	Epicondylitis	139
6.3.4	Carpal Tunnel Syndrome (CTS)	141
6.3.5	Wrist Stabilization	143
6.3.6	Finger Contusion	145
6.4	Lower Extremities	147
6.4.1	Hip Problems	147
6.4.2	Torn Muscle Fibers	149
6.4.3	Osteoarthritis of the Knee Joint	151
6.4.4	Achillodynia	153
6.4.5	Ankle Joint Distortion	155
6.4.6	Splayfoot, Fallen Arch, and Flatfoot	157
7	Lymphatic Applications	159
	<i>Birgit Kumbrink</i>	
7.1	Upper Extremities	161
7.1.1	Drainage of Medial Upper Arm	161
7.1.2	Drainage of Lateral Upper Arm	163
7.1.3	Drainage of Forearm/Entire Arm	165
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
7.2	Lower Extremities	175
7.2.1	Drainage of the Thigh	175
7.2.2	Drainage of the Lower Leg/Entire Leg	177
7.2.3	Drainage of the Entire Leg	179
7.2.4	Drainage of the Foot	181
7.2.5	Stemmer Sign in the Foot	183
7.2.6	Drainage Using the Leg Spiral Tape	185
7.3	Trunk	187
7.3.1	Drainage of Upper Trunk Quadrant	187
7.3.2	Drainage of Lower Trunk Quadrant I	189
7.3.3	Drainage of Lower Trunk Quadrant II	191
7.3.4	Drainage of Abdomen	193
7.4	Additional Lymphatic Applications	195
7.4.1	Drainage of the Face	195
7.4.2	Drainage of the Shoulder Joint	197
7.4.3	Drainage of the Knee Joint	199
7.4.4	Fibrosis/Hematoma	201
8	Neurological Applications	203
	<i>Birgit Kumbrink</i>	
8.1	Nervus Medianus	205
8.2	Nervus Radialis	207
8.3	Nervus Ulnaris	209
8.4	Nervus Ischiadicus	211

8.5	Nervus Trigemini	213
8.6	Facial Paresis	215
8.7	Extension of the Finger	217
8.8	Extension of the Hand	219
8.9	Rotation of the Upper Arm	221
8.10	Colonic Support	223
8.11	Abdominal Spiral	225
8.12	Fecal Incontinence	227
	References	227
9	Gynecological Applications	229
	<i>Birgit Kumbrink</i>	
9.1	Abdominal Support	231
9.2	Cross-Tape Antenatal Preparation	233
9.3	Breast Engorgement	235
9.4	Mastitis	237
9.5	Transverse Muscles (Postnatal)	239
9.6	Lymph Application »Mama«	241
9.7	Postural Correction	243
	Servic Part	
	Index	246

K-Taping

An Illustrated Guide - Basics - Techniques - Indications

Kumbrink, B.

2014, X, 247 p., Softcover

ISBN: 978-3-662-43572-4