



A **Practical** Guide to Kinesiology Taping



John Gibbons

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A Practical Guide to Kinesiology Taping (With DVD)



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This book with DVD is crucial have for any physical therapist involved in the treatment of patients, athletes, or indeed anyone who may present with any kind of sports related injury, albeit peripheral limbs, trunk and/or cervical spine pain. This book and has also been written for sports athletes and coaches who wish to have a better understanding of how and when to apply these taping concepts. Gibbons goes on an educational trip as he guides you, step-by-step with this publication and video, through the entire procedure for taping by initial marking a location of dysfunction, then preparing and reducing tape, followed by program with variants for specific problems. he also gives a few examples of injuries common to each area of pain and the next variants in taping applications. Gibbons has the ability to explain this fascinating, yet not widely understood, subject in a comparatively simplistic way which should help every reader develop the ability to apply these phenomenal methods, with confidence, in virtually any environment. The opening chapter discusses the concepts and great things about the 'kinesiology taping method' (KTM), explaining what it is so when and why you'll apply it. The following chapters were created as a practical guide on the use of tape to deal with each individual area of pain and dysfunction through the use of pictorial demonstrations; This publication is unique as Gibbons highlights over '50' specific regions of pain which are identified through specific artistic illustrations which have actually been drawn onto your body. This publication and video on Kinesiology taping certainly are a must have on any therapist's shelf!



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Absolute Recommend to Close friends and Households - However Watching DVD (in the US) Will Require just a little Extra Effort I've used kinesiology tape for some time now (to handle issues caused by various sports accidental injuries). (I'm not trying to pitch VLC by itself . Using that video, I altered my approach taping to JG's method which works quite nicely for me because it also works with my feet (medial cuneiform - cartilage harm) and arch. Owing to the effectiveness technique explained in the video, I purchased this book with the accompanying CD. The book provides kinesio taping for various problems. I also valued his discussion of the origination and advancement of elastic tapes and techniques which are very unique of strapping methods which are as well restrictive for my needs. The book is concise, easy to understand, and hits the tag. Very Helpful This is an extremely helpful guide. Great reserve for visualization and information on Kinesio Taping to accompany any Program. The only real reason this purchase doesn't get five stars is that the DVD is burned for use in UK (Region 2) and will not play on most DVDs and/or PCs created for the united states (Region 1). It's an easy problem to overcome (for those who have a PC) and understand the issue, but I believe that fact must have been stated in the merchandise description. I recommend this book for anybody who needs guidance when understanding how to use sports activities tape or a "seasoned" veteran that needs a refresher course. In case you have a Computer, just use software that may read can read Region 2 DVDs (that is not really typically because pre-loaded OEM software program is licensed for the Region 1 (US & It is very detailed with images & This book and Dvd movie has increased my skill set considerably. I ran across among John Gibbons on taping for issues caused by an ankle (inversion) sprain... I'm just stating how I look at my DVD from this book.) I am extremely disappointed because I specifically ordered the publication because of the . Great publication for visualization and information about Kinesio Taping to .. Th e Dvd movie that was included with the book did not focus on my DVD player. Just kept flashing "Disc Error". I have been K taping for a number of years and studied it a good deal. Pictures are very helpful whereas the explanation was a little confusing. I do enjoy the book seeing that it has a lot of great information. To return the disc is considerably to complicated and frustrating. Great simple book for beginners about kinesiology taping Good book for basic taping for anybody who has no training on it and just must learn fundamentals for taping up somebody. Good guide Comprehensive without having to be to wordy. But his helps get you thru the fundamentals. Would like to get another in exchange because of this non working disc. I found the techniques to focus on me and are very well described. I am very disappointed because I particularly ordered the book due to the disc. I use VLC (free) that i also happen to make use of on my android handheld to listen to audiobooks. A very good reference to have for the modern athlete and trainer I came across this

to be an interesting study book and DVD (be sure to get the copy which has the DVD with it) about them that is difficult to find. Impressed Really impressed with this guy's knowledge and presentation. The only real hard thing thing locating the tape to make use of every once in awhile. Excellent book for taping reference! This book for Kinesiology taping is an excellent reference source. Canada). illustrations which are very an easy task to follow. I live in the US and was aggravated until I remembered I got the same issue (years back) with a Dvd and blu-ray my sister-in-law brought back from a vacation to discover her family members in Australia (in yet another DVD region).... I would absolutely recommend this purchase to family and friends. The free DVD wouldn't play in my DVD player though. The DVD is certainly a reflection of the publication with companion videos - It's basic, very clear, and effective. Four Stars Great book with very clear photos and easy to understand instructions. Clearly written book on using KT tape. Obviously written and video is significantly helpful. A good book to have That is an informative, well written book with good explanations and illustrations of proper taping techniques. It's easy to follow, and helped reduce my pain while I was healing. Would still recommend heading thru training to learn more ins and outs of taping. Great to teaching athletic teen to care for herself. Five Stars Good product almost identical to the tape utilized by my physical therapist.



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