

What is that tape the athletes are running around with?

You first saw it in the summer Olympics, then we noticed it in the NBA, and now athletes from all sports are running around with some sort of black or colorful tape on their bodies. Of course that leads us to think, what is that tape, why are they wearing it, and how can it help me or my child athlete?



That tape is a special tape called **Kinesio® Tex Gold**, also known as **Kinesiotape**, that can affect one's muscular, joint and circulatory function without limiting the ability to move without restrictions.

What does it do?

- **Promote healing** by reducing pain and swelling by decreasing pressure and increasing blood flow
- **Reduce over-activation of muscles** by supporting muscle and minimizing strain.
- **Increase muscle activation** by improving muscle contraction to increase production.
- **Reduce muscle imbalances** to minimize guarding and enhance joint awareness.

How does it work?

Kinesio® Tex Gold can address various injuries via its elasticity by mimicking the skin and affecting the various levels of our skin and soft tissue with minimal risk of adverse affects. The method of application will determine how the tape will affect the body and what benefits will occur.

How can it help our athletes?

- **Speed up healing** of [acute injuries](#) (i.e. sprains, bruising and swelling)
- **Reduce strain** on pulled muscles (i.e. hamstring pull)
- Provide support for **over-use injuries** (i.e. ITB syndrome, Patella-femoral pain, Achilles tendonitis)
- Increase activation of **weak muscles** (i.e. VMO, quadriceps, gluteus medius)

Kinesio® Tex Gold can help injured athletes to continue to perform, if appropriate. So where can one go to get taped? [Advanced Physical Therapy of Freehold](#), located at 301 Professional View Dr. in Freehold (near CentraState), currently has 2 certified Kinesio Taping practitioners (CKTP) on staff to evaluate your need to get you back to function with reduced pain. Do not let pain and injuries restrict your function. Try to reduce strain and promote healing without restricting your motion. Try Kinesio® Tex Gold.

Please call 732-720-2566 or email Karen Kozel PT, DPT, CKTP at kkozol@freeholdPT.com if you have any questions.