



Everything you need to know about how taping works, where tape can be applied, and what to do during a practice session is explained through easy-to-understand directions and hundreds of step-by-step photos.

**John Langendoen** has degrees in pain management and physiotherapy. He co-founded the International Kinematic Taping Academy and is an active proponent of self-taping. Over the last five years he has been conducting international seminars, presentations and workshops on the subject. He has also been a member of the medical staff for the Korean National Football Team at the FIFA World Cup.

**Karin Sertel** is a physical therapist and hand, manual (Maitland® Concept) and cranio-sacral therapist with more than 30 years of experience for both children and adults. She's been a huge advocate for self-therapy in her hand patients, and self-taping has become a major component of her approach to hand rehabilitation.

# Kinesiology Taping

## The Essential Step-by-Step Guide

Taping for Sports, Fitness & Daily Life  
160 Conditions & Ailments

All you need to treat a variety of conditions and ailments is a 2-inch (5 cm) wide piece of elastic tape. Taping can be used for many conditions, such as pain, muscle tension, bruising, sore muscles, and strains and sprains. It also provides support when you are in training or require help with arthritic conditions. Even headaches, menstrual cramps and sinusitis can be treated by taping!

Whether or not you've already had experience with taping, this book will clearly show you the extensive range of possibilities for taping yourself. With a little practice, you'll be astonished by just how effective and simple taping can be! And you don't have to be an athlete to take advantage of its wide-reaching benefits.



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and Karin Sertel

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