



# Length, Strength and Kinesio Tape: Muscle Testing and Taping Interventions, 1e

*Thuy Bridges BAppSc(Phy), Clint Bridges*

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***Length, Strength and Kinesio Tape: Muscle Testing and Taping Interventions*** is an essential manual for musculoskeletal therapists seeking to develop competency in the treatment of select clinical conditions using the concepts and principles of the Kinesio Taping® Method.

Focusing on the identification and role of muscle structures, the manual presents length and strength tests covering 68 muscle groups and provides practitioners with a framework to use and reassess the application of Kinesio® Tape.

Endorsed by Kinesio Taping Association International, Length, Strength and Kinesio Tape: Muscle Testing and Taping Interventions is designed as a companion to Kinesio Taping® courses globally (KT1 and KT2).

## **ALSO AVAILABLE AS A SEPARATE PURCHASE:**

A suite of 68 videos covering 8 major body areas with step-by-step instructions and clear demonstrations of the assessment and taping strategies for each technique.

- An ideal supplement to the text
- Excellent clinician refresher tool
- Useful when explaining treatment to client
- **Overview of the Kinesio® method and how Kinesio Taping® works**
- Highlights the **anatomy of the muscle and structures** prior to taping
- **Step-by-step instructions to a range of Kinesio Taping® techniques**, covering the neck, shoulder, elbow, wrist and thumb, trunk, pelvic girdle and hip, knee and ankle
- **Initial assessment using length and strength/function testing and application** of appropriate Kinesio Taping® intervention
- **Assessment sheets** provided for each key anatomical area
- **Includes eBook version on VitalSource**



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