

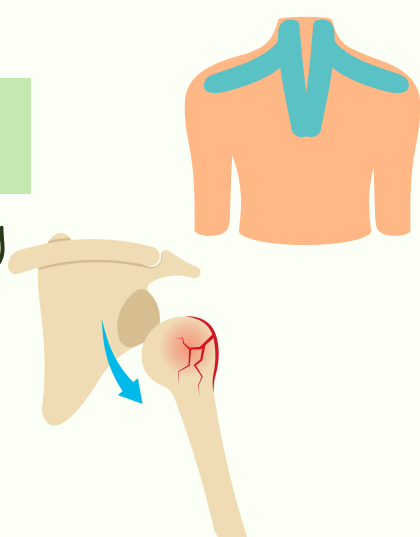
KINESIO TAPING

Made by Noemie von Kaenel, OTR/L, CSRS

- Contraindicated if active DM, kidney disease, CHF, CAD, fragile or healing skin, pregnancy, taping may required MD clearance

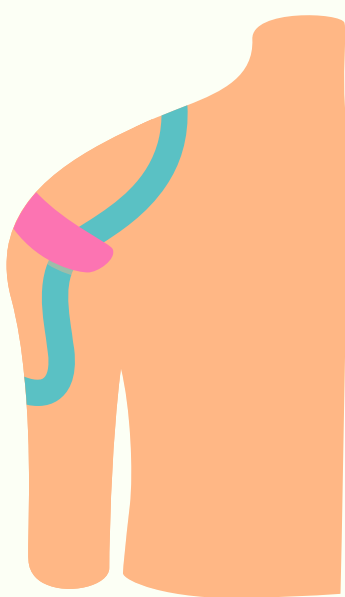
SUBLUXING SHOULDER

- Passively abduct patient arm 90 degrees, lay tape down with 20% tension to deltoid tuberosity
- 90 abduct, 20% stretch, 100% stretch to ant 50% down lateral border of axillary crease



STABILIZE ACROMIOCLAVICULAR JOINT

- 1 strip 4-5 inches donned with patient's arm relax at side place middle 2 inch tape directly over acromioclavicular joint with 100% stretch and Lay both ends down no stretch
- 1 strip 4-5 inches place one end on anterior aspect of humerus with no tension, with shoulder correctly aligned lay down anterior aspect to middle of lateral aspect of humerus 75-100% stretch, lay remaining tape down with no tension



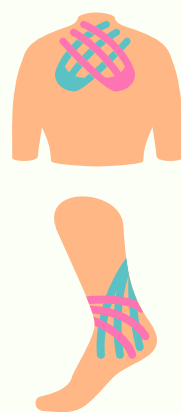
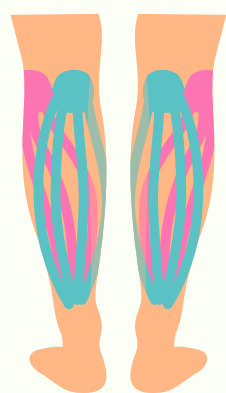
WRIST DROP

- Position, forearm in pronation and wrist extension
- 1 strip anchored with no tension distal metatarsal
- Apply 50% tension through therapeutic zone and anchor proximally of forearm with no tension, both hands ends and move joint into wrist flexion slide hand to center to smooth and adhere tape



FOOT DROP

- Place in dorsiflexion, 1 strip of tape anchored distally with no tension, apply 50+% tension to therapeutic zone and then end proximally at tibial crest
- Hold end place, move ankle in plantar flexion, adhere tape by passing hand over tape



EDEMA MANAGEMENT

- Fan crisscross as pictured