

## Applications and Case Examples

# TAPING

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Yayınclık

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Applications and Case Examples  
TAPING

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*In memory of the 37th year in the profession...*



# Preface

v

Taping is a part of physiotherapy and rehabilitation that has been proven to be more effective than the orthosis or splint we prefer, sometimes to provide support, sometimes to allow the joint range of motion by resting the tissue, and sometimes to reduce existing pain and edema and increase functionality.

Taping as an indispensable treatment modality of physiotherapy and rehabilitation science is preferred by us physiotherapists according to the needs of our patients, and this book has been planned to be prepared in order to explain the importance of this in both prevention of injuries and rehabilitation of existing injuries and people who will return to sports / daily life activities. In addition, the techniques I have been teaching and applying to my patients for more than 20 years.

We wanted to share our knowledge and experience with our students, graduate colleagues and specialized physiotherapists with the case examples in which we present the practices described in this book in detail with my physiotherapist colleagues who are experts in their fields.

I hope the taping techniques will be useful not only to those who are interested in the subject, but also to patients and athletes. Persistent and disciplined approach of Assistant Editor Assoc. Prof. Nihan Özünlü Pekiyaş , book writing gained speed during the pandemic process. I would like to thank all the authors who supported the stay at home-write a book slogan for their selfless behavior.

I would like to thank Mr. Hüseyin Çağlıkasap, who encouraged us with his meticulous work in the design and preparation of the book and worked patiently, and Hipokrat Publishing Co. for their support in delivering it to you.

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vii

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# Contents

## Part I ATHLETIC TAPING

### Chapter 1

#### **Athletic Taping..... 3**

SERKAN USGU

The Importance of Athletic Taping.....	3
Taping and Orthosis.....	4
Taping Principles.....	4
Effectiveness of Taping.....	6
Duration of Taping.....	8
Removal of Tapes.....	8

### Chapter 2

#### **Shoulder..... 11**

ELİF TURGUT

Acromioclavicular Joint Injuries .....	11
Glenohumeral Instability .....	13
Impingement Syndrome .....	14

### Chapter 3

#### **Elbow..... 17**

LEYLA ERASLAN

Overuse Injuries .....	17
Sprains .....	19
Contusions and Olecranon Bursitis .....	22
Dislocation.....	24

### Chapter 4

#### **Wrist..... 27**

LEYLA ERASLAN

Wrist Taping Techniques.....	27
Hand, Thumb and Fingers.....	34
Hand, Thumb and Finger Taping Techniques .....	34

**Chapter 5**

**Hip and Thigh.....43**

SERKAN USGU

Taping Techniques..... 43

**Chapter 6**

**Knee ..... 51**

SERKAN USGU

Collateral "X" Taping..... 51

Hyperextension Taping..... 55

Patellar Tendon Taping..... 56

Patellar Tendon (2)..... 57

Patellar Tendon (3)..... 58

**Chapter 7**

**Ankle ..... 61**

MESUT SELAMI

Underwrap (Prewrap)..... 61

Ankle Lock Taping Techniques..... 65

Syndesmosis Taping..... 69

**Part II  
KINESIO TAPING**

**Chapter 8**

**Kinesio Taping.....77**

GÜL BALTACI

Tape Materials..... 79

Kinesio Taping Method (Epidermis-Dermis-Fascia-EDF)..... 81

**Chapter 9**

**Temporomandibular Joint .....89**

GÜL BALTACI

Temporomandibular Joint Dysfunction (TMD)..... 90

Post-Operative Dental Treatment..... 91

Trigeminal Neuralgia..... 91

Headache..... 92

**Chapter 10**

**Shoulder.....97**

ELİF TURGUT

Acromioclavicular Joint Injuries..... 97

Glenohumeral Instability..... 97

Shoulder Impingement Syndrome..... 99

**Chapter 11****Elbow ..... 103****LEYLA ERASLAN**

Lateral Elbow Tendinopathy .....	103
Medial Elbow Tendinopathy.....	106
Valgus Laxity of the Elbow .....	108
Elbow Hyperextension Injuries.....	110
Olecranon Bursitis .....	111

**Chapter 12****Hand-Wrist-Fingers..... 117****LEYLA ERASLAN**

Carpal Tunnel Syndrome .....	117
Wrist Sprains and Triangular Fibrocartilage Complex Injuries (TFCC) .....	120
De Quervain's Tenosynovitis.....	121
Finger Sprains (Radial or Ulnar Collateral Ligament) .....	123
Mallet Finger.....	124
Finger Dislocations.....	125
Goalkeeper or Skier's Thumb.....	126

**Chapter 13****Hip ..... 129****UMUT ZİYA KOÇAK**

Introduction.....	129
Piriformis Syndrome .....	129
Osteitis Pubis .....	130
Iliotibial tape Syndrome .....	133
Osteoarthritis and Femoroacetabular Impingement Syndrome .....	135

**Chapter 14****Knee ..... 141****BERKİYE KIRMIZIGİL**

Patellofemoral Pain Syndrome (PFPS).....	141
Anterior Cruciate Ligament (ACL) Injuries, Kinesio taping.....	143
Osteoarthritis .....	145
Patellar Tendinitis.....	146
Meniscus Lesion.....	147
Medial Collateral Ligament Injury.....	147
Pes Anserine Bursitis .....	148
Patellar Subluxation.....	148

**Chapter 15****Foot-Ankle ..... 151**

UMUT ZİYA KOÇAK

Introduction.....	151
Ankle Lateral Ligament Injuries.....	151
Achilles Tendon Injuries.....	155
Drop Foot.....	157
Plantar Fasciitis and Pes Planus.....	158
Hallux Valgus.....	158

**Chapter 16****Spine ..... 161**

BAHA NACI

Cervical Region.....	161
Low Back Pain.....	164
Postural Techniques.....	168

**Part III****KINESIO TAPING IN DISORDERS****Chapter 17****Kinesio Taping in Pediatrics ..... 175**

NİHAN ÖZÜNLÜ PEKYAVAŞ • ŞEHNAZ YÜCE

Torticollis.....	175
Obstetric Brachial Plexus Injuries.....	177
Cerebral Palsy.....	179

**Chapter 18****Kinesio Taping for Lymphedema ..... 185**

NİHAN ÖZÜNLÜ PEKYAVAŞ

Kinesio Taping for Opening the Watersheds.....	186
Kinesio Taping for Directing Edema in the Limb.....	186
Kinesio Taping for Scar Tissue.....	186
Kinesio Taping Supporting the Diaphragm.....	187
Kinesio Taping to Increase Intestine Movements.....	188
Kinesio Taping for Axillary Fibrotic Cording.....	188
Kinesio Taping for Posture Correction.....	188
Kinesio Taping for Abdominal Muscles.....	188

**Chapter 19****Kinesio Taping in Venolymphatic Circulatory Disorders of Lower Limbs ..... 191**

BAHA NACI

Lymphedema.....	191
Chronic Venous Disease (CVD).....	194

**Chapter 20****Kinesio Taping in Neurological Physiotherapy ..... 201**

MELEK VOLKAN-YAZICI • GÖKHAN YAZICI

Introduction.....	201
Problems Encountered in Neurological Diseases .....	202
Purposes of Taping in Neurological Physiotherapy.....	203
Examples of Taping Application and Literature Based Studies in Neurological Physiotherapy.....	203
Result.....	212

**Chapter 21****Kinesio Taping in Swallowing Disorders..... 215**

NUMAN DEMİR • HASAN ERKAN KILINÇ

Swallowing Disorder (Dysphagia).....	215
Relationship Between Oropharyngeal Anatomy and Kinesio Taping.....	216
Kinesio Taping Application Principles in Swallowing Disorder .....	219
Recommended Application Techniques .....	220
Conclusion and Recommendations.....	224

**Chapter 22****Kinesio Taping for Scoliosis..... 227**

NİHAN ÖZÜNLÜ PEKYAVAŞ

Fascial Correction Method with Muscle Application for Paraspinal Muscles .....	227
Application for Correction of Scapular Position and Posture.....	228
Respiratory Applications .....	228
Applications for Curves of Scoliosis.....	228

**Chapter 23****Kinesio Taping in Pulmonary Rehabilitation ..... 231**

MURAT TOMRUK

Structure and Functions of Respiratory Muscles.....	232
Kinesio Taping Applications in Pulmonary Rehabilitation .....	236
The Author's Opinion.....	249

**Chapter 24****Kinesio Taping in Veterinary..... 253**

NİHAN ÖZÜNLÜ PEKYAVAŞ

Case.....	256
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