

Key Features:

- **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**
- **COMPANION KINESIO TAPING® SUPPLEMENT:**

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.

Περιεχόμενα:

Chapter 1 - Introduction to Kinesio Taping and the role of muscles within the neuromyofascial-skeletal system

Chapter 2 - Kinesio Taping basics

Chapter 3 - Techniques for testing and taping the neck:

- **Sternocleidomastoid (SCM)**
- **Scalenes**
- **Splenius capitis**
- **Splenius cervicis**
- **Levator scapula**
- **Upper trapezius**
- **Neck assessment sheet**
- **Bibliography**

Chapter 4 - Techniques for testing and taping the shoulder:

- **Upper trapezius**
- **Middle trapezius**
- **Lower trapezius**
- **Coracobrachialis**
- **Rhomboid**
- **Levator scapula**
- **Serratus anterior**
- **Posterior deltoid**
- **Middle deltoid**
- **Anterior deltoid**
- **Teres major**
- **Latissimus dorsi**
- **Supraspinatus**

Chapter 5 - Techniques for testing and taping the elbow:

- **Biceps brachii and brachialis**
- **Brachioradialis**

- **Triceps brachii**
- **Elbow assessment sheet**
- **Bibliography**

Chapter 6 - Techniques for testing and taping the wrist and thumb

- **Brachioradialis**
- **Pronator teres**
- **Flexor carpi radialis**
- **Flexor carpi ulnaris**
- **Extensor carpi radialis longus and brevis**
- **Pronator quadratus**
- **Extensor carpi ulnaris**
- **Supinator**
- **Wrist and thumb assessment sheet**

- **Bibliography**

Chapter 7 - Techniques for testing and taping the trunk

- **Latissimus dorsi**
- **Quadratus lumborum**
- **Erector spinae (iliocostalis lumborum)**
- **Erector spinae (iliocostalis thoracis)**
- **Multifidus (transversospinales group)**
- **Rectus abdominis**
- **Internal and external obliques**
- **Psoas major**
- **Transversus abdominis**
- **Trunk assessment sheet**
- **Bibliography**

Chapter 8 - Techniques for testing and taping the pelvic girdle and hip

- **Pectineus and adductor brevis**
- **Adductor longus**
- **Gracilis**
- **Adductor magnus**
- **Psoas major and minor**
- **Iliacus**
- **Tensor fasciae latae**
- **Gluteus medius and gluteus minimus**
- **Gluteus maximus**
- **Piriformis**
- **Quadratus femoris and obturator externus**
- **Gemellus superior, gemellus inferior and obturator internus**
- **Hip assessment sheet**
- **Bibliography**

Chapter 9 - Techniques for testing and taping the knee

- **Popliteus**
- **Rectus femoris**
- **Vastus lateralis**
- **Vastus medialis**
- **Sartorius**
- **Semitendinosus and semimembranosus**
- **Biceps femoris**

- **Gracilis**
- **Knee assessment sheet**
- **Bibliography |**
- Chapter 10 - Techniques for testing and taping the ankle**
- **Gastrocnemius**
- **Soleus**
- **Tibialis posterior**
- **Tibialis anterior**
- **Extensor digitorum**
- **Peroneus longus and peroneus brevis**
- **Ankle assessment sheet**
- **Bibliography**