



**S**mith & Thomas  
Injury Rehabilitation Centre

Treatments  
Article: 2  
Strapping Techniques



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Used as a preventative measure, strapping techniques are used generally for support to joints when ligaments or tendons have been compromised. Zinc oxide tape is used to move the joint into the desired position, however the quality of the tape has a huge influence on how successful the procedure is. At Smith & Thomas we use very high quality tape meaning the adhesive is far more successful at maintaining its position. For muscular injuries, a compressive tape can be used to help alleviate pain, and the same can also be said for any inflammatory injuries.

### Kinesio Tape

This kind of tape is used differently to standard supportive tape and has a number of application techniques. One of its main uses is to lift the skin to help with drainage, which is especially effective when treating inflammation. Another of its uses is to increase range of motion and it can also be used to effect the fascia surrounding a muscle. This type of tape comes in a number of different colours and therefore gives you the choice if you want it to be subtle or if you want to stand out. Kinesio Tape can be bought over the counter, however for correct application you should ensure it is being applied by a therapist who is qualified in KT 1 and 2. All Smith & Thomas staff have these qualifications.