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Kinesio Taping Perfect Manual

The Kinesio Taping® Perfect Manual covers common clinical conditions with easy-to-follow instructions for new users.

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Kinesio Taping Perfect Manual If you are a home user wanting to learn how to apply Kinesio Tape, this manual is for you. It was developed for the general population and requires very little knowledge of anatomy or medical terminology.

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The Kinesio Taping Method is an alternative to traditional taping methods that involve heavy bandaging and restricted movement of injured body parts. Medical professionals know how important it is to keep muscles moving to improve circulation and speed healing, and the Kinesio Taping Perfect Manual Book supports that philosophy.

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Written more for the general population, the Kinesio Taping® Perfect Manual covers common clinical conditions with easy-to-follow taping applications. Conditions covered include: Carpel Tunnel Syndrome, Menstrual Cramps, Low Back Strain/Spasms, etc.

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Kinesio Taping Perfect Manual - Amazing Taping Therapy to Eliminate Pain and Muscle Disorders Originally published in 1996, this is one of the older KinesioTaping manuals. It's black and white photographs appear a bit dated,

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but the information is presented in clear, simple terms that anyone can understand and follow.

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Kinesio Manuals | Performance Health

Kinesio® Taping Perfect Manual, more advanced than the Illustrated Kinesio® Taping book, is targeted for the advanced professional who already has a good grip on the concepts and basic application of the Kinesio® Taping Method.

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