

# What is Elastic Tape and How Does It Work?

If you have pain or limitation and live in Greenville-Spartanburg SC, then call the rehab experts at **Purposed Physical Therapy** at **(864) 881-1712** or you can fill out our New Patient Form by clicking **[HERE](#)** and we will call you!

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While taping as a therapeutic technique has been used since around the 1800's, elastic taping, such as Kinesiotape (KT) and Rock Tape, have recently become quite popular in the rehabilitation industry. It is commonly used to treat or prevent muscle and joint related injuries such as sprains and strains, as well as tendinitis.

Elastic taping has been designed to encourage the natural healing process of the body by providing support and stability to affected muscles and joints. This type of taping doesn't restrict the movement of the body and can prolong the benefits of manual therapy performed by rehabilitation specialists, including Physical Therapists.

## *What is Elastic Taping?*

Kinesiotape and Rock Tape are types of elastic taping which stretch up to 140% of their original length. They are composed of cotton, elastic filaments, and highly durable adhesive glue that is both latex-free and waterproof, which provides tactile and mechanical stimulation.

Elastic taping involves applying bandages composed of elastic and adherent material to the affected muscle in the stretch position, starting at the origin of the muscle and continuing until its insertion. Once applied, the tape is then rubbed to activate the pressure sensitive adhesive.

## *Benefits of Elastic Taping*

When elastic tape is correctly applied to the affected muscle, it lifts the skin to create a small space between the muscle and dermis layers, which reduces pressure on the injured muscles, helping to reduce pain and decrease localized acute inflammation, while allowing smooth muscle movements. Additionally, by lifting the skin, it stimulates the removal of waste products and increases oxygen supply to the affected muscle, and may induce recovery of muscle strength.

## *Contraindications to Elastic Taping*

While elastic tape is latex-free, can be worn for several days at a time, is safe for many patients, and

successfully treats various conditions, there are certain contraindications that you must be aware of before using elastic taping, including:

- Allergy to taping materials
- Compromised circulation and/or sensation in the affected area.
- Thrombosis
- Open wounds, irritation, or infection of the area to be taped
- History of hypersensitive skin or pre-existing skin conditions (psoriasis, eczema, dermatitis).

If you're considering using elastic taping for an injury that you've suffered, it's advisable to consult your Physical Therapist to ensure that it's the right option for your condition. Further, they can apply it for you so that it's applied correctly, allowing you to experience optimal benefit of this therapy.

If you've suffered an injury, you may benefit from Physical Therapy, which will involve an individualized treatment plan that is tailored specifically to your injury. You will work with your Physical Therapist to set goals and track your progress as you work through your treatment plan.

Undergoing a Physical Therapy assessment is one of the best ways to determine if elastic taping will be beneficial for your injury. After the assessment, our Physical Therapists will create a program that is specific to your needs, and set you on the right path toward injury recovery.

#### References

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