

Services

Kinesiology Tape



First used by acupuncturists and chiropractors in Japan, today kinesiology tape is used by practitioners around the world to treat injuries and improve sports performance.

While the use of kinesiology tape is often associated with elite athletes, medical professionals use it to alleviate a wide range of ailments, not just sports injuries.

A few of the things Kinesiology Tape can be used for:

- achilles tendonitis
- ACL/MCL knee issues
- lower back problems
- pain associated with pregnancy
- plantar fasciitis
- rotator cuff
- shin splints
- jumper's knee (PFS)

- groin and hamstring pulls
- tennis and golf elbow
- postural correction
- skin and abrasion protection