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What is Kinesio Taping?

The Kinesio Taping Method is designed to facilitate the body's natural healing process while allowing support and stability to muscles and joints without restricting the body's range of motion. It is used to successfully treat variety of orthopedic, neuromuscular, neurological and medical conditions. Both Kinesio Tex Tape and the training protocol have shown results that would have been unheard of using previous methods and material.

With the utilization of single "I" strips or modifications in the shape of "X", "Y" or other specialized shapes as well as the direction and amount of stretch placed on the tape at time of application, Kinesio Tex Tape can be applied in hundreds of ways and has the ability to re-educate the neuromuscular system, reduce pain and inflammation, enhance performance, prevent injury and promote good circulation and healing, and assist in returning the body to homeostasis.

How it Works

The Kinesio Taping Method is designed to facilitate the body's natural healing process and to provide extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. Kinesio Tex Tape is safe for populations ranging for pediatric to geriatric. By targeting different receptors within the somatosensory lifting the skin. This lifting affect forms convolutions in the skin thus increasing interstitial space and allowing for decreased inflammation.

In some cases, the treatment of a condition may require treatment of other underlying conditions as well. The information gained from detailed assessments will allow for the proper treatment protocol to be laid out. Kinesio Tex Tape is a valuable part of this protocol. It can be used in conjunction with multitude of other treatments and modalities and is effective during rehabilitative and chronic phases on an injury as well as being used for preventative measures.

Who uses Kinesio?

Kinesio Tex Tape and the Kinesio Taping Method has been seen in use during numerous Olympic Games, most recently the 2012 Games in London. You may have seen professional sporting events worldwide. The Kinesio Taping Association International has trained thousands of practitioners across the globe and has certified over 5000 medical professionals in the United States alone.

What does CKTP mean?

The letters "CKTP" stands for Certified Kinesio Taping Practitioner. The Kinesio Taping Association International takes the designation very seriously. In order to begin the CKTP certification process, your practitioner has taken a minimum of 24 class hours of KT1, KT2 and KT3 seminars, and may have received additional advanced training in a particular area of practice. Certification itself requires the passing of a written examination and practical skills demonstration.

Education provides the intellectual underpinning – the software, if you will – that makes Kinesio Taping effective. It is the skill and enthusiasm of our trained CKTPs that has made Kinesio Taping effective. It is the skill and enthusiasm of our trained CKTPs that has made Kinesio Taping a worldwide phenomenon. The curriculum reflects 25 years of symposiums, forums and professional sharing among tens of thousands of professionals worldwide.

In earning and maintaining CKTP status, your practitioner demonstrates a commitment to the highest standards of patient care.