

## **Kinesiology Taping (KT)**

The Kinesiology Taping is a rehabilitative technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting.

## **Sports Taping (ST)**

The Sports or Strapping Taping is a rigid or semi-rigid taping technique primarily used for acute injuries and prevention of injuries. It is generally applied prior to a sporting activity and removed immediately after.



KT



ST