

## **K-taping : an illustrated guide basics - techniques - indications / Birgit Kumbrink**

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### **Abstrak**

This book richly illustrated hands-on guidebook features a highly successful therapeutic approach to treating orthopedic, traumatological and many other conditions. It serves both as a perfect companion to training courses and as a reference book and refresher for health care professionals who have completed their training. A brief introduction to the basic principles of K taping, the special elastic tapes used and the method's history is followed by 7 chapters highlighting treatment techniques and their application to 50 frequently seen conditions. Each is featured on a double page with up to five color photos, brief instruction, practical information about symptoms, dosage, progress to be expected and tips regarding variations of techniques.