

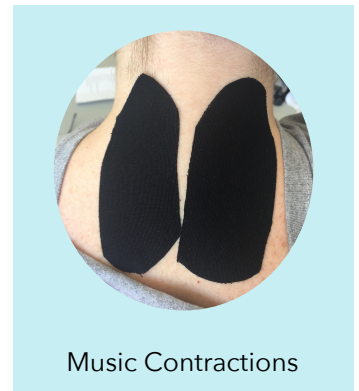
Kinesiology Taping For Musicians

What is Kinesiology Taping?

- How does it work?
 - Increase the amount of sensation going to the brain from the area, which can decrease pain. The amount and direction of the stretch can help movement patterns and proper joint positioning.
- The percentage stretch is how much strain you put on the tape when it is applied
- The difference between the brands is just the type of tape used. The types of techniques and applications are the same.
- How to apply the Tape?
 1. Clean an area of skin: no lotions
 2. Measure the length of tape needed. Keep in mind the tape stretches and becomes longer when applied. Round the corners of tape ends for better adhesion.
 3. Place the body part in a position of increased flexion or bend
 4. Take off the backing of the tape and apply the anchor and stretch needed. There should be no wrinkles or lumps in the tape
 5. Gently rub tape into the skin using the backing of the tape until smooth

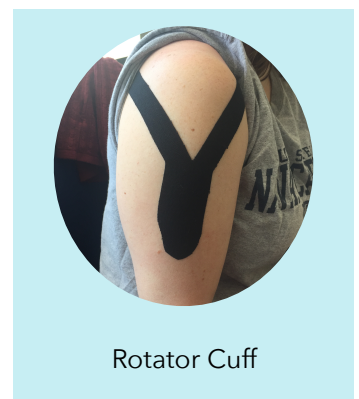
1) Neck: Muscle contractions Headaches

- Cause
 - The head is in forward flexion over long periods of time
 - Poor posture and weakness of the neck stabilizers
- Signs and Symptoms
 - Radiating pain in the head, neck, and shoulders
- Interventions
 - Posture education, Self massage and Taping



2) Shoulders: Rotator Cuff Complications

- Cause
 - Inflammation cause by overuse, poor posture, weakness and/or trauma
 - This irritates the shoulder tissues which can lead to pinching and tearing
- Signs and Symptoms
 - Aching in the shoulder with increased pain when lying on the arm
 - Weakness when lifting objects or rotating the arm
- Interventions
 - Rest- breaks from the aggravating activity
 - Inflammation and pain management: ice pack 10-15 minutes on with towel underneath

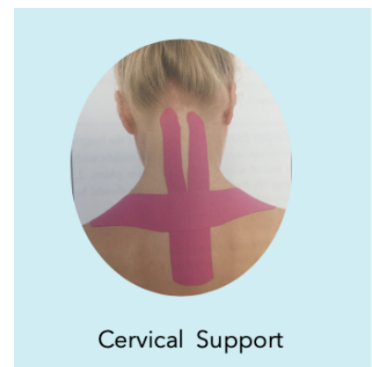


3) Elbow and Wrist

- Epicondylitis: Lateral and Medial
 - Cause
 - Overuse that places stress on the attachment site of the extensors (for lateral) and extensor (for medial) leading to inflammation at the site
 - Signs and Symptoms
 - Tenderness, pain, swelling, at the location



- Increased pain when making a fist
- Interventions
 - Ice and stretching protocols
 - Activity modifications to minimize stress
 - Self Massage / Taping
- Common Populations
 - Medial Epicondylitis: Harp players in their left arm, percussion, keyboard in both arms
 - Lateral Epicondylitis: Clarinet, oboe, trombone, percussion, keyboard
- Carpal tunnel
 - Cause
 - Excessive use of the finger and wrist flexors leading to inflammation and pressure on the median nerve
 - Medical conditions like diabetes, arteries and thyroid gland imbalance
 - Signs and symptoms have a gradual onset
 - Numbness, tingling, pain in the hand
 - Shock like feeling in the thumb
 - Symptoms may be worse at night
 - Interventions
 - Activity changes to decrease wrist aggravation
 - Physical Therapy interventions: Taping, exercises, nerve glides, heat and cold application
 - Common Populations
 - Left handed violists, violinist and guitar players



4) Posture and Low back pain

- Thoracic support & cervical support helps promotes better posture and improve body mechanics during activities of daily life.

Taking Care of the Taping How long it stays on?

- It can stay on anywhere from a few days to a week. The tape itself has different levels of adhesive for varying activities.
- What if it starts peeling off?
- The ends of the tape are usually the first to come off due to general daily activities and being worn. You can take regular scissors and trim the ends.
- How to take it off?
 - Pull the tape off from one end. Keep the end you are pulling off close to the skin to decrease pain (similar to removing a large band-aid).

Additional Resources:

- Clinical Therapeutic Application of the Kinesio Taping Method by Kenzo Case, Jim Walls, and Tsuyoshi Tase
- Acupressure Taping by Hecker M.D., Liebechen M.D.
- Common Conditions of the Upper Back and Shoulder, Clarkson University

