

Services

Kinesiotaping

Kinesiotaping at Mt. Lehman Physiotherapy in Abbotsford

Your physiotherapist at Mt. Lehman Physiotherapy in Abbotsford may add kinesiotaping to your physiotherapy treatment. Elastic tape supports your body's natural healing processes for faster, complete recovery.

Your physiotherapist knows how to apply the tape in specific patterns on your skin to provide support and stability to joints, without restricting how well you can move. The taping is usually added to a treatment plan to improve posture, change muscle recruitment, reduce inflammation, improve fluid, or correct movement patterns.

What Conditions Does Kinesiotaping Help?

Kinesiotaping is usually used in tandem with other physiotherapy treatments, but it can treat injuries alone. Many conditions can be treated with kinesiotaping, so your physiotherapist may recommend this specialized technique if you have any of these (or some of these):

- Pain and swelling in your neck, elbow, shoulder, wrist, lumbar, groin, hip, knee or ankle
- Shoulder injury
- Tennis elbow
- Shoulder instability
- Ankle instability
- Strained hamstring or quadriceps
- Plantar fasciitis

- Tibialis posterior dysfunction
- Turf toe
- Bunions
- IT Band Friction Syndrome
- Patellofemoral Stress Syndrome
- Achilles Tendon
- Educating muscles
- Supporting weak areas
- Posture correction
- Performance enhancement for athletes
- Managing scar sites

How Does Kinesiotaping Help?

When your physiotherapist at Mt. Lehman Physiotherapy in Abbotsford uses kinesiotaping, you receive additional support for your muscles and joints. Plus, the tape promotes healing as it encourages your lymphatic system to work harder.

The lymphatic system is how your body regulates fluid buildup and swelling. So, Kinesiotaping creates more subcutaneous space. This additional space changes the pressure under your skin, which is enough to enhance the flow of lymphatic fluid.

Mt. Lehman Physiotherapy in Abbotsford

If your physiotherapist applies Kinesotape during your treatment, you can expect it will stay on for 3 or 4 days. That is, you will have to come back to see us here at Mt. Lehman Physiotherapy. If you won't be back that soon, your physiotherapist will expect you to remove the kinesiotape.

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