

Book information



Authors: Roland Kreuzer

Title: Taping in der Schwangerschaft

Subtitle: Tape Applications for Typical Symptoms during Pregnancy and After Childbirth

Short text:

During pregnancy, numerous typical complaints can occur that are due to the "special circumstance." Weight gain, altered statics, water retention, etc are among the types of complaints that bother the expectant mother, especially common in twin and multiple pregnancies. The tape applications in this book focus on complaints and pain syndromes of the musculoskeletal system that frequently occur during pregnancy, as well as problems after childbirth – in the case of the latter, the emphasis is on supporting involution. In addition, exercises are presented for the symptoms or injuries, with which the success of the therapy can be ensured in the long term. If performed regularly, the exercises are thus an excellent preventive measure. The focus of this book is on self-therapy or therapy with the practical support of loved ones.

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