

Informazioni sul libro



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Testo breve:

Taping and children, that fits! Children play and romp – in the kindergarten, in the schoolyard, at home or on the playground or football field. Injuries, bruises, and other minor or major injuries will always occur. Taping, which is very popular with children, offers a way to treat a wide variety of painful conditions.


Taping with kinesiology tapes is a drug-free treatment method that is well established in therapy and in the world of sport. Apart from the medical aspect, the psychologic effect of taping is enormous. Children have fun with the tapes, are proud of their taping, and deal with their injury in a cheerful and relaxed way. Taping can also be used sensibly and effectively in the orthopedic field, be it to correct postural weakness in children and adolescents or to address deviations of the leg axis in conditions such as knock knees or bow legs.

In this book, with its numerous illustrations and helpful hints, the author describes typical symptoms and the corresponding taping systems step by step. The practical handling is presented in an easily comprehensible way with a series of illustrations to enable implementation quickly and without problems. In addition, for each tape system the possible causes of the complaints are discussed, and a self-exercise is presented with which the child can become active in a preventive way.

The tape exercises presented in this book offer parents, therapists, and all professionals who work with children an effective approach to supporting the healing process for many typical everyday ailments in children.

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