



# Kinesiology Taping for Rehab and Injury Prevention: An Easy, At-Home Guide for Overcoming Common Strains, Pains and Conditions

By Aliana Kim

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## **Kinesiology Taping for Rehab and Injury Prevention: An Easy, At-Home Guide for Overcoming Common Strains, Pains and Conditions** By Aliana Kim

THE ULTIMATE DIY TAPING GUIDE OF EVERYDAY INJURIES AND AILMENTS INCLUDES OVER 200 STEP-BY-STEP PHOTOS

Widely used by physical therapists, chiropractors and personal trainers, kinesiology tape provides incredible support while simultaneously stretching so your body can perform its normal range of motion. Now you can utilize this amazing material at home. Simply buy a roll at your local drugstore and follow the taping methods described in this book to reduce pain, rehab an injury and get back in the game.

Providing clear step-by-step instructions and helpful photos, the author shows how to tape the most common injuries and conditions anywhere on the body:

- Neck pain
- Frozen shoulder
- Bicep strain
- Tennis elbow
- Wrist sprain
- Tight IT band
- ACL/MCL sprains
- Achilles tendinitis
- Ankle sprain
- Plantar fasciitis"

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### **Editorial Review**

About the Author

**Aliana Kim** is a kinesiologist, biologist, licensed massage therapist, registered yoga teacher, CrossFit level 1, and gymnastics trainer. She attended school and studied biology at the University of North Carolina. She then attended the University of Nevada - Las Vegas and studied upper division Kinesiology. Aliana works mainly in physical rehabilitation using her degrees and many modalities she has learned over the years. On her spare time she enjoys kayaking with her husband, camping, reading, crafting, exercising, and spending time with her two dogs Marley and Tanner.

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