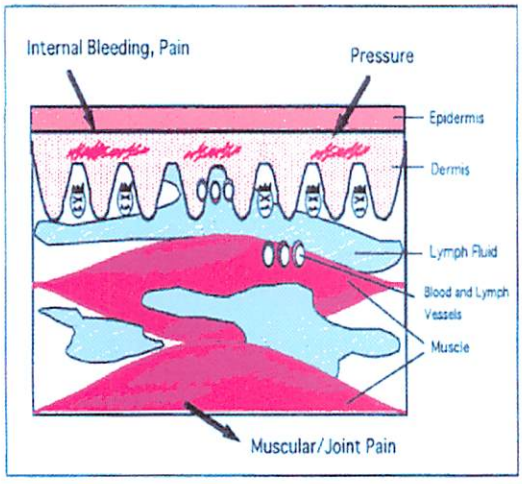
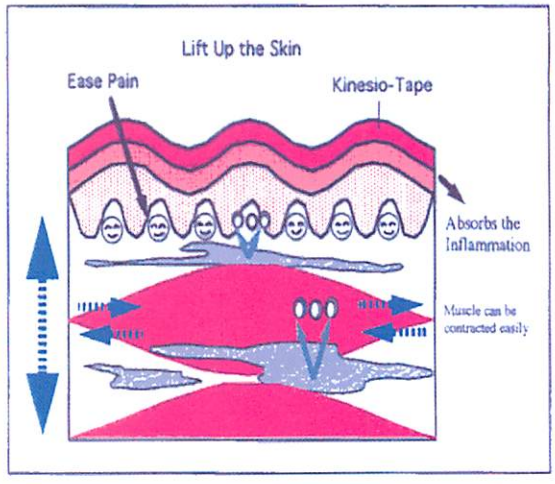
How does this stuff work?

Kinesio Taping® alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. The taped portion forms convolutions in the skin, thus increasing interstitial space. The result is that pressure and irritation are taken off the neural and sensory receptors, alleviating pain. Pressure is gradually taken off the lymphatic system, allowing it to drain more freely.



Model of skin **without** Kinesio Tex Tape



Model of skin **with** Kinesio Tex Tape

Over a contusion, Kinesio Tex Tape demonstrates the ability to increase circulation and facilitate lymphatic flow. These results are seen within 12 hours of application. Fan-shaped Kinesio Tex Tape was placed directly over the bruise.

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