



PowerTaping for Common Injuries



This is a consumer-friendly, condensed version of the original publication by Rocktape Inc., 5494 Pollard Road 4021, Los Gatos CA 95032 USA in 2009

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Rocktape Power Taping Instruction Manual

John Gibbons



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Bodymaster Method creator John Gibbons is recognized as one of the world's leading authorities in sports medicine. In *A Practical Guide to Kinesiology Taping for Injury Prevention and Common Medical Conditions* Third Edition he shares his wealth of knowledge and experience to help you get the best results when using kinesiology tape. This third edition offers self-help techniques to allow the patient to self-treat where appropriate. The author guides you step by step through the entire process of taping by first marking an area of dysfunction, then preparing and cutting tape followed by application with variants for specific problems. The chapters are designed as a practical guide with pictorial demonstrations on the application of tape to treat each individual area of pain and dysfunction. The author gives a few examples of injuries common to each area of pain and the subsequent variations in taping applications. This book highlights over 60 specific areas of pain that are identified through illustrations that have actually been drawn onto photos of the body. Also included are over 40 QR codes linking to YouTube clips of practical demonstrations of the key techniques. This book is everything you need to know about how taping works.

[Kinesiology Taping for Rehab and Injury Prevention](#) Aliana Kim, 2016-08-09

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Complete Book Of Athletic Taping Techniques J.V. Cerney, 2000

[Pictorial Teaching Manual of Athletic Taping Techniques Utilized by the Humboldt State University Training Room](#) Robin Carole Roistacher, 1977

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