

KINESIO® TAPE FOR **CANINE**



JOINT RELIEF



WATER RESISTANT



HOLISTIC



HYPO-ALLERGENIC



KINESIO CANINE
TAPING APPLICATION GUIDE
FOR DOGS AND THEIR HUMANS

A PRODUCT OF
Kinesio®
TAPE WITH WISDOM

What is the Kinesio® Taping Method?

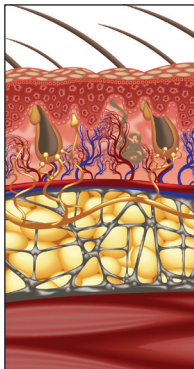
In the 1970's, Dr. Kenzo Kase® dreamed of a way to extend the benefits of his chiropractic treatments so that his patients would experience longer lasting relief. His idea to use tape to mimic the effect of human hands became the basis of The Kinesio® Taping Method, and launched a revolutionary way to treat discomfort.



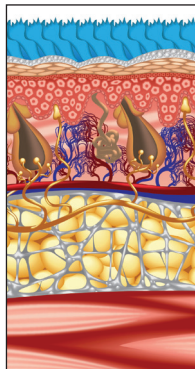
The Kinesio Taping® Method

Alleviates and helps drain stalled fluid by microscopically lifting the skin. This lifting affect forms waves in the skin, which increases space and allows for a reduction in swelling and pressure while allowing fluids to flow in and out of the target area. Kinesio® Tape additionally provides support and stability, along with many other benefits depending on the Kinesio Taping® application used.

BEFORE TAPE



AFTER TAPE



By gently creating space, which allows fluid to move and cool, Kinesio Tape helps tissue, capillaries, nerve endings and skin layers to return to healthy function.



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The information in this book is meant to supplement, not replace, proper or as a substitute for the medical advice of a veterinarian. Kinesio Taping® Canine is for informational and educational purposes only. Before practicing the skills described in this book, be sure that you do not do anything that is beyond your level of experience, aptitude, training, or comfort level. Kinesio Taping® Canine content is not intended to be a substitute for professional veterinarian advice, diagnosis, or treatment. Always seek the advice and regularly consult a veterinarian relating to your dog's health or other qualified health provider with any questions you may have regarding a medical condition. This book is not a substitute for professional care. Kinesio® Holding Corp hereby disclaims any and all liability to any party for any direct, indirect, implied, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of the Content, which is provided as is, and without warranties.

Instructions

Learning to tape yourself and others:

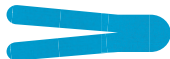
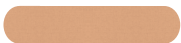
- Assistance is recommended to apply applications.
- Ensure skin is clean, dry and free of any oils and lotions before application.
- It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.
- Use the **2-inch square guides** on the back of the tape to help measure the length of the tape strip and make correct cuts.
- Remove a small portion of the paper backing at the end of the tape strip in order to create an "Anchor" to apply the tape.
- Make sure to round all ends of the tape. Rounded ends help prevent snagging, fraying, and peeling off quickly.

Cutting Kinesio Tape



"I" Strip

Single strip of tape with rounded ends.



"Y" Strip

Strip of tape with one end that has a longitudinal cut in the middle.



"Fan" Cut

Strip of tape that has 3-6 longitudinal cuts on one end of the tape.

To Care For Your Application



Rub to activate adhesive.



Use caution.
Clothing can catch edges of tape.



Wait 30 - 45 minutes before vigorous activity.



Pat or blot to dry.
Do not wipe



Direct heat can cause over-adhering and can make removal difficult.

Support the skin with the fingers of one hand while the tape is being slowly and gently removed with the other hand. Remove tape in the direction of hair growth. Tape may be removed while showering or in bath.

Tape Removal

Removal of Tape from Paper Backing:



Roll Method:

Hold the tape vertically and place your index finger on the top edge of the tape. Pull back or flex your index finger toward your body so tape peels from its backing.



Tear Method:

Tear paper backing at middle of tape and gently pull approximately 1 inch away from each side of tear.

Removal of Tape from Fur:



Fur From Tape Method:

Peel back the anchor and apply gentle pull to the Kinesio Tex strip with one hand. With the other hand, gently press on the fur to pull it away from Kinesio Tex Tape.



Pressure on Fur Method:

Begin by curling the anchor away from the skin and roll the Kinesio Tex strip off fur in the direction of hair growth, apply light pressure as you lift the tape.



Fur Pinch Method:

Begin by curling the anchor away from the fur and roll the Kinesio Tex strip off fur in the direction of hair growth, while gently gathering fur between thumb and forefinger.

KINESIO® TAPE FOR **CANINE**



The Kinesio Taping® Method can be used for equine and canine rehabilitation, postural changes, musculoskeletal issues, and with complementary therapies.

Kinesio Tape® and the Kinesio Taping® Method have been used successfully to treat a variety of orthopedic, neuromuscular,

neurological and medical conditions not only for people but for horses, dogs and other small animals worldwide.

Kinesio® Canine Tape is designed specifically for dogs and is recommended for use with the Kinesio canine applications in the book. Kinesio® Canine Tape is made of 100% high grade cotton for breathability and comfort. The tape's adhesive is 100% medical grade and is heat activated.

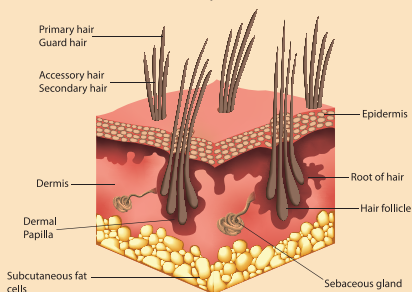
There is no medicine in the tape. All dyes are hypoallergenic, and naturally derived from plant extracts. Kinesio Canine Tape is lightweight, breathable, and allows full range of motion. It can be left on 24 hours a day for up to 5 days.

Dr. Kenzo Kase® and his team of experts developed these canine taping applications which can be used to optimize muscle function, increase range of motion, improve circulation and speed healing. Although the Kinesio Taping principles will remain the same you need to understand that a dog's skin naturally has more hair than human skin. Kinesio Taping® for canine is effective on fur. This is a Non-shaving Method using Follicular Stimuli.

The thick coat of soft hair covering the skin of a dog is called fur. Fur grows from follicles in the dermis layer of the skin. Human hair follicles have one hair each but the hair follicles of dogs often have several hairs growing out to one follicle. Kinesio® tape for canine works with a dog's hair follicles to stimulate the deeper tissue layers, creating more space to help lymphatic fluids to flow more freely which aids in healing and helps reduce swelling.



Canine Skin - simplified cross section



The success of Kinesio Taping® your dog is dependent on two factors. One is the proper evaluation of the dog's condition to allow for the application of Kinesio Canine tape correctly. The other factor is to make sure to use the applications correctly for maximum effectiveness.

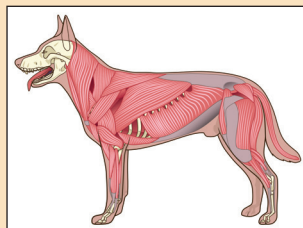
Kinesio Taping® Canine for Dog Lovers



Our new book, ***KINESIO TAPING® CANINE FOR DOG LOVERS*** discusses what to look for and describes symptoms to help a dog owner quickly discover the best Certified Kinesio Taping™ application to use. Also included are clearly written, step by step directions and detailed illustrations to help dog owners easily apply Kinesio Taping® canine applications to the target areas.

During observation always consider the history or circumstances surrounding the appearance of pain or injury. Observe where the pain areas are and the activities that provoke pain, as well as the activities that relieve that pain. Always talk with your veterinarian and discuss your dog's general health and medical history. Kinesio Tape can be a huge asset for canine athletes. Kinesio Tape can be applied in the middle of workouts or before and after events and in case of sudden injury.

Gently feel the area locate areas of pain by applying gentle pressure. You may also see redness, bruising or swelling in the area. Next flex and extend the area and see if there is any resistance or if dog will show discomfort. If you are not sure what is normal check the dog on the other side, sometimes however both sides may have similar characteristics.

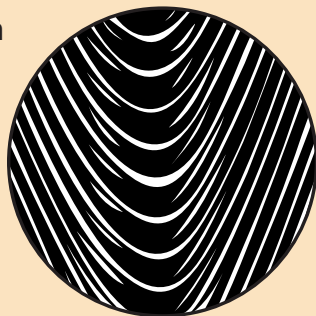


Some Common Canine Symptoms

- 1. Limping:** lameness or stiffness may mean that there is a problem, pain or weakness in the leg. It may also mean there is a muscle injury. What you will see is that your dog may exhibit an unnatural posture or may be holding the area up or placing less weight on the area that is painful.
- 2. Excessive licking:** A dog will instinctively lick when pain is present in an attempt to fix the problem. Many dogs will also lick their paws in an attempt to comfort themselves.
- 3. Panting:** Panting is normal but heavy panting can be a sign of stress or a sign that your dog may be in pain.
- 4. Increased body tension:** If the dog is having difficulty getting comfortable or is trying to reposition themselves that may be a sign of pain. Increased body tension or flinching may also be in response to pain. Potential areas you may see increased body tension are leg, neck, back, and hips.
- 5. Range of motion:** should be observed for any reduction but also watch for abnormal increases in the range of motion. An altered range of motion, which is clearly visible, may be a sign of pain.

Kinesio Canine™ Tape is Designed Specifically for the Unique Needs of a Dog...

- The Patent Pending adhesive pattern gathers and pushes up the hair follicles improving circulation and stimulating the skin surface, which promotes healing.
- Kinesio Canine™ Tape is eco-friendly and made of 100% high grade cotton for breathability and comfort, which promotes healing.



KINESIO® TAPE FOR **CANINE**

- Water Resistant
- Lightweight
- Breathable
- Allows Full Range of Motion
- Multiple Day Wear
- Natural Method
- Assists in Rehabilitation
- Used for postural changes, musculoskeletal issues, and with complementary therapies.



Precautions

Kinesio Taping® Canine Contraindications

- Do not apply Kinesio® Canine Tape over any kind of skin irritation:
- Over open wounds or healing skin where your dog has been chewing or scratching
- Over a skin lesions, infections, or where there is hair loss from trauma Over hot spots, red patches, or pimples
- Over crusty, thick patches, flaky of skin, scaly areas or scabs
- To previous skin reactions to Kinesio Canine tape

Kinesio Taping® Canine Precautions

- Diabetes
- Respiratory infections
- Ringworm
- Breathing conditions
- Pregnancy

Kinesio Taping® Canine Guidelines

- Always seek the advice and regularly consult a veterinarian relating to your dog's health.
- Remove tape immediately if your dog shows any sign of discomfort.
- Be sure to not do anything that is beyond your level of experience, aptitude, training, or comfort level.
- Kinesio Taping® Canine is not intended to be a substitute for professional veterinarian advice, diagnosis, or treatment.
- In the case of an accidental ingestion of the tape please watch to see if your dog has passed it thorough their system. If not please contact your veterinarian right away.

Taping Tips:

- Assistance is recommended to apply applications.
- Ensure skin/hair is clean, dry and free of any oils before application.
- It is normal for wrinkles to appear in the tape when it is applied to the skin/hair and the muscles are relaxed.
- Use the **2-inch square guides** on the back of the tape to help measure the length of the tape strip and make correct cuts.
- Remove a small portion of the paper backing at the end of the tape strip in order to create an "Anchor" to apply the tape.
- Make sure to round all ends of the tape. Rounded ends help prevent snagging, fraying, and peeling off quickly.

Foreleg Elbow Damage

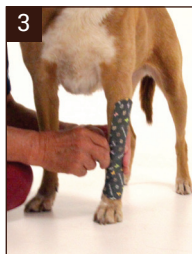
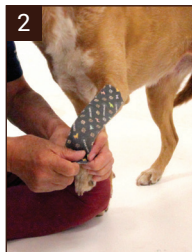
(Even dogs "tweak" their elbows through their active lifestyles)

Impacting Paw Flexion.

Directions:

1. Put the base of the tape outside the elbow joint.
2. Put the tape at 20% tension towards with the front leg feet dorsal area.
3. Place the second piece of tape in the center so as to cover the affected area with 70% tension.

Make sure that both sides except the center are rubbed in place firmly with no tension.



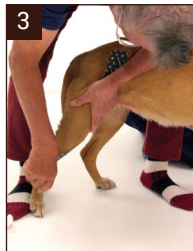
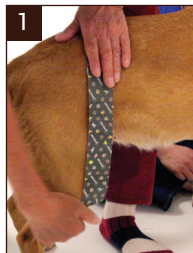
Sartorius Muscle Damage

(This might feel like pulling a groin muscle for your dog)

Sartorius Muscle Damage.

Directions:

1. Place the base of the tape on the root of the thigh (hind leg.)
2. Stretch the hind feet backward and apply the tape from the front of the pelvis towards the inside of the thigh with 20% tension.
3. Pull the thigh further back so as to be able to reach the inner muscle area, and place tape to the inside of the knee joint inside the thigh with 20% tension.



Stenosis (Spinal canal).

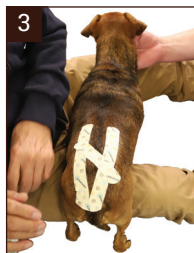
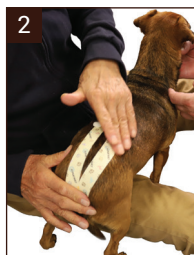
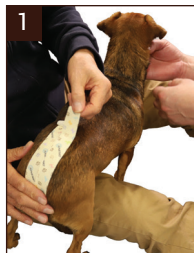
Directions:

1. Put the base of the Y-shaped tape on the hairline of the tail. Apply the right side end of the Y-shaped tape along the outer edge (right side) of the lumbar vertebra with a 20% tension.

2. Apply the other end of the Y-shaped tape on the left side along the outer edge (left side) of the lumbar vertebra with 20% tension.

3. While applying 25% of tension to the center of the second piece of tape, apply it toward the pelvis from the right hip to the left centering on the affected part.

While applying a 25% tension to the center of the third piece of tape, apply it from the left back to the right pelvic centering on the affected part.



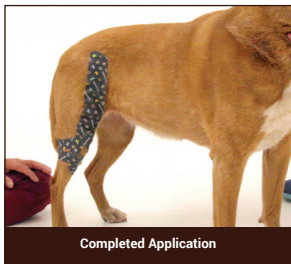
Patellar Dislocation

(This is like a slipped kneecap on your dog)

Patellar Dislocation.

Directions:

1. Put the base of the Y-shaped tape on the front of the upper thigh. Pull back hind legs and put on tape up to the top of the knee joint with 20% tension.
2. With the knees bent, apply one end of the outside of the Y-shaped tape with 20% tension so as to wrap the patella. With the knees bent, apply other end of the inside of the Y-shaped tape with a 20% tension so as to wrap the patella.
3. Put the base of the second Y-shaped tape on the back of the knee. One end of the upper side of the second Y-shaped tape passes through the upper part of the knee joint and is put inward with a 20% tension. The other end on the lower side passes through the lower side of the knee joint and is placed inwardly with 20% tension.





Kinesio® Human Taping Applications



Tape Removal

Removal of Tape from Paper Backing:



Roll Method: Hold the tape vertically and place your index finger on the top edge of the tape. Pull back or flex your index finger toward your body so tape peels from its backing.



Tear Method: Tear paper backing at middle of tape and gently pull approximately 1 inch away from each side of tear.

Removal of Tape from Skin:



Skin From Tape Method: Peel back the anchor and apply gentle pull to the Kinesio Tex strip with one hand. With the other hand, gently press on the skin to pull it away from Kinesio Tex Tape.



Roll Method: Begin by curling the anchor away from the skin and roll the Kinesio Tex strip off skin in the direction of hair growth.

KINESIO TAPING DO'S: *(for humans)*

Clean and dry skin prior to application

Round edges of Kinesio Tex Tape

Apply 30 minutes or more before rigorous activity or swimming

Place the anchor and tape strip end on skin whenever possible

Apply no tension to anchors or ends

Rub tape to activate adhesive after application

KINESIO TAPING DON'TS:

Do not blow dry tape

Do not attach to hair on back of neck, underarm or groin

Do not "pull" body into position using Kinesio Tex Tape

Do not leave tape on skin if itching or increased pain occurs

Try not to touch adhesive side of tape prior to proper placement on skin

Kinesio Taping Precautions:

Do not apply Kinesio Tex Tape:

Over active malignancy site

Over active cellulitis or skin infection

Over open wounds

Over Deep Vein Thrombosis (clots)

Consult with physician before applying tape to people with:

Diabetes

Kidney Disease

Congestive Heart Failure

CAD or Bruits in the Carotid Artery

Fragile or healing skin

Pregnancy

Designed for runner's knee, providing knee and patella support.

Directions:

1. Cut an approximate 12-inch "I" strip of tape. Remove a small section of the backing paper from the anchor of the strip. With the knee bent to 90°, place the anchor of the tape strip mid-thigh approximately 4-5" above the knee joint.

2. Without stretching the tape, begin removing the paper backing while applying the tape strip over the center of the knee joint and ending approximately 2-3" below the joint.

3. Once applied in the correct place, it is important to rub the tape to activate the adhesive.

4. Cut an approximately 8-9-inch "Y" strip. Remove the paper backing on the anchor of the "Y" strip and apply the anchor 2-3" below the kneecap.

5. Without stretching the tape apply each tape tail around each side of the knee joint. Rub the tape.

6. Cut an approximately 11 inch "I" strip. Tear the tape's paper backing in the center of the tape strip and expose the center portion of the adhesive. Using minimal stretch, apply the middle portion just below the kneecap. Apply the remaining sides with no stretch. Rub the tape. Application complete.



Back (Humans)

Designed to support over-stretched back muscles and support lower back injuries.

Directions:

1. Cut an approximate 12-inch "I" strip of tape. Place the anchor above the lowest part of the back on one side of the spine. Bend forward to stretch the back muscles and begin removing tape backing. Without stretching the tape, extend the strip up and alongside the spine. Once applied in the correct place, it is important to rub the tape to activate the adhesive.

2. Using another approximate 12-inch "I" strip, repeat the previous step for the opposite side of the spine. Rub the tape.

3. Using an approximate 10-11-inch "I" strip, tear the tape paper backing in the center of the tape strip and expose the center portion of the adhesive. Using minimal tension, apply the tape strip horizontally over the strained area on the lower back. Rub the tape. Application complete.



Completed Application

Wrist (Humans)

Designed to provide support for carpal tunnel syndrome, providing wrist support.

Directions:

1. Cut an approximate 12-inch "I" strip of tape. Bend wrist/hand downwards and place the anchor of the tape strip above the knuckles. Without stretching the tape, begin removing the remaining paper backing as you apply the tape strip over the wrist joint and up the arm.

2. Once applied in the correct place, it is important to rub the tape to activate the adhesive.

3. Cut two approximate 5-inch "I" strips of tape. With assistance, apply one tape strip over the top of the wrist joint using minimal stretch. Apply ends with no stretch around wrist joint so that they do not overlap. Rub the tape.



Using a second "I" strip, repeat the previous step but apply the tape strip to the bottom of the wrist joint. Rub the tape.

For Wrist Support Only: Using two tape strips approximately 5 inches in length, repeat step 3. This option is only used to achieve support for the wrist joint if applied without the "I" strip of tape. Rub the tape to activate the adhesive.



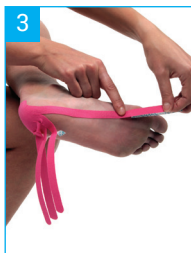
Support Only



Designed for plantar and arch problems, providing foot and arch support.

Directions:

1. Measure a strip of tape that is long enough to extend from the back of the heel to just before the toes then cut it into a “fan cut”.
2. At the anchor, remove the paper backing and apply the anchor of the tape strip to the back of the heel.
3. After applying the anchor, take an outside tape tail and without stretching the tape begin removing the paper backing as you apply the tape tail along the bottom of the foot. Rub the tape tail to activate the adhesive.
4. Repeat this process for the remaining tails so that the tape tails are spread evenly across the bottom of the foot. Rub each tape tail.



5. Cut an approximate 6-inch “I” strip of tape. Tear the paper backing approximately 1” from the end. Place the anchor on the outside of the foot near the center of the outside arch. Rub the anchor.

Begin removing the paper backing and apply the tape strip across the bottom of the foot and pulling up on the arch with moderate tension on the tape. After the tape strip is applied to the arch, continue removing the paper backing while applying the strip to the top of the foot. The end of the tape strip should be applied without stretch. Rub the tape. Application complete.

Kinesio Tape is *ALSO* designed for...

ACTIVE
LIFESTYLE

KINESIO
Classic



MUSCLE
PRESSURE
RELEASE

KINESIO
Performance+



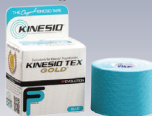
SENSITIVE
SKIN

LIGHT
TOUCH+



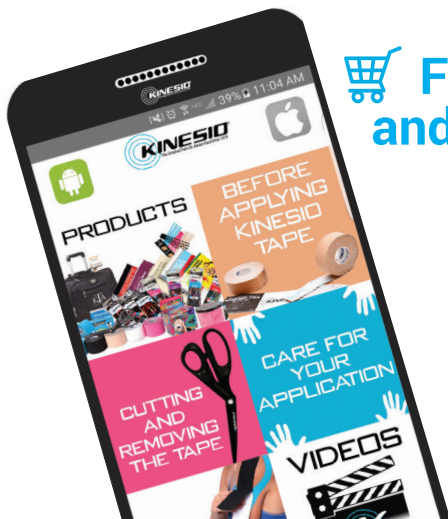
REHABILITATION
& E.D.F. PAIN
MANAGEMENT

F



SUPPORTS
EQUINE
MUSCLES IN
MOVEMENT

KINESIO
EQUINE



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