

north valley

**community connection**

## Feel Like an Olympian! Go for the Gold with Tape!

By Carla Kazimir, PT

You couldn't help but notice this summer, all the Olympic athletes wearing the tape on their backs, their shoulders and their legs. There were all sorts of designs and colors. News reporters referred to it as decorative tape. The truth of the matter is that this tape is much more than decorative.

Elite athletes would not bother taping before the biggest moment of their athletic careers unless it had a very useful and concrete benefit. Dynamic taping is not bulky and does not restrict movement yet it provides a dramatic and noticeable external support of the joint, tendon, ligament or muscle that it is trying to assist. Dynamic tape provides proprioceptive feedback over the area of the body which provides substantial support while preventing the risk of further injury. Taping will also dramatically reduce swelling and inflammation after an injury.

Athletes are not the only people to respond to taping. At North Valley Physical Therapy we tape clients each day of all

ages and conditions. We tape our clients with low back, knee and shoulder pain. We tape for posture correction. We tape post surgical patients to reduce pain and facilitate healing and the re education of muscles.

We know that our patients want to feel better long after the therapy session is complete. Taping a patient before the end of the physical therapy session allows the patient to go home with a corrective support that can be worn up to 5 days. A good taping intervention can provide external support that facilitates healing by reducing pain and supporting the body.

Most important is the fact that we can teach our patients to tape themselves. If we have a client with a chronic condition – we can teach them to tape themselves and they can purchase the tape whenever they need to. It is a very useful physical therapy tool for special patient populations like pregnant women and people with pacemakers who cannot avail themselves of other types of treatments.



During the month of September we will be offering a wellness special. Make an appointment at 818-217-4868 and learn how to tape an area of your body. \$30 includes a taping demonstration and a roll of tape.

*North Valley Physical Therapy is located at 11858 1/2 Balboa Bl Granada Hills in the Knollwood Shopping Plaza. We are ADA accessible with free parking. Contact us at 818-217-4868 or via email at [Carla@NorthValleyPT.com](mailto:Carla@NorthValleyPT.com) If you find this article helpful, please LIKE us on FACEBOOK. Sign up for our free monthly newsletter at [www.NorthValleyPT.com](http://www.NorthValleyPT.com) Carla Kazimir PT has been practicing physical therapy in the Valley since 1984*