

## **Kinesio Taping AKA Medical Lymph Taping Summary Page Presented to LAS Symposium Prince Albert, Sk May 27, 2017**

### **Lymph tape:**

- ❖ extends manual lymphatic therapy from 4 to 24 hours
- ❖ helps develop collateral circulation
- ❖ lifts the skin and gives directional cues to the lymph system

Should be applied with no stretch on the tape - stretch the skin instead = convolutions of lymph tape

Always start where we want the fluid to drain to

Cross the watersheds to encourage collateral circulation = reduced edema

Helps with scar and bruising reduction

Don't use if there is:

- a lack of sensation in the area to be taped. (unable to feel if irritation of skin occurring)
- active cancer
- an open wound – tape is not sterile
- thrombosis
- active untreated cardiac issues
- recently radiated skin (wait 6 weeks before use and use around the area)

Thinner strips are used for delicate areas like the face, hands

Wider strips are used for bigger, heavier body parts

Used with or without compression products, but best over the trunk, shoulders ie areas where its hard to apply compression garments.

Hypoallergenic

Water-resistant

Heat activated

Wear for 3-7 days

Careful removal or the skin may be injured. Pull gently back on itself, hold the skin first

Remove if itchiness or discomfort lasts longer than 1 hour

Different brands = similar products = cost variability

\*\*Not covered by SAIL nor insurance

Punch Tape: More pressure differences = increased resorption of lymph

Greater diagonal elasticity = greater reaction, even more neurological response

Faster response of the sympathetic system = may not be tolerated as long

### **Most Important:**

- Should be applied by a trained Lymphedema therapist. Keen knowledge of the watersheds and the correct application of the tape is required.
- You still need to move and exercise as tape is NOT a substitute for MLD, compression, skin care and exercise but an adjunct only!

For a list of qualified CDT therapists: LAS website: [sasklymph.ca](http://sasklymph.ca) under: Services in Saskatchewan

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