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Birgit Kumbrink's bestselling guide to K Taping - finally available in English! This richly illustrated hands-on guidebook features a highly successful therapeutic approach to treating orthopedic, traumatological and many other conditions. It serves both as a perfect companion to training courses and as a reference book and refresher for health care professionals who have completed their training. A brief introduction to the basic principles of K Taping, the special elastic tapes used and the method's history is followed by 7 chapters highlighting treatment techniques and their application to 50 frequently seen conditions. Each is featured on a double page with up to five color photos, brief instruction, practical information about symptoms, dosage, progress to be expected and tips regarding variations of techniques. As the benefits of K Taping in enhancing the effects of other conservative care and surgical treatments are getting more and more appreciated, Birgit Kumbrink's "K Taping – An Illustrated Guide", developed by Germany based K Taping Academy, has rapidly established itself as the ultimate reference book for therapists and clinicians in an ever expanding range of medical disciplines.

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Editorial Review

About the Author

Birgit Kumbrink, founder and medical director of the international K-Taping Academy, based in Dortmund, Germany, has been a K-Taping instructor for many years and is one of the most experienced users and teachers of the treatment method internationally. Birgit Kumbrink has written many articles about K-Taping for the medical press and has appeared on various medical programs on German radio and television. She has developed the fledgling elastic tape therapy from Asia into the K-Taping therapy that has now become established in Germany and other countries throughout Europe. A therapy that over the last 12 years has gained recognition as a meaningful and effective treatment in physiotherapy, medical applications and sports medicine. Birgit Kumbrink is responsible for the inclusion of K-Taping in many aftercare concepts, such as after breast cancer operations. She has also been the driving force behind the development of K-Taping techniques and applications and leads national and international studies in cooperation with clinics and therapist associations.

Users Review

From reader reviews:

Steven Resnick:

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Mary Hubbard:

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