

## **Local Austin Chiropractors offer new advance in care with Kinesio Tex Tape.**

*Swanson Chiropractic Clinics offer the most advanced chiropractic health care possible to the Austin area. Dr.'s Jeff, Jon, & Justin Swanson offer newest advance in supportive chiropractic care with the addition of revolutionary Kinesio Tape.*

**Sept. 21, 2009** - [PRLog](#) -- Kinesio Taping gives support and stability to your joints and muscles without affecting circulation and range of motion. It is also used for Preventive Maintenance, Edema, and Pain Management.

Kinesio Taping is a technique based on the body's own natural healing process. This Kinesio Taping exhibits its efficacy through the activation of neurological and circulatory systems. This method basically stems from the science of Kinesiology, hence the name "Kinesio". Muscles are not only attributed to the movements of the body but also control the circulation of venous and lymph flows, body temperature, etc. Therefore, the failure of the muscles to function properly induces various kinds of symptoms.

Consequently, so much attention was given to the importance of muscle function that the idea of treating the muscles in order to activate the body's own healing process came about. Using an elastic tape, it was discovered that muscles and other tissues could be helped by outside assistance. Employment of Kinesio Taping creates a totally new approach to treating nerves, muscles, and organs. The first application of Kinesio Taping was for a patient with articular disorders.

For the first 10 years, orthopedists, chiropractors, acupuncturists and other medical practitioners were the main users of Kinesio Taping. Soon thereafter, Kinesio Taping was used by the Japanese Olympic volleyball players and word quickly spread to other athletes. Today, Kinesio Taping is accepted by medical practitioners and athletes in Japan, United States, Europe, South America and other Asian countries.

The Kinesio Taping Method is applied over muscles to reduce pain and inflammation, relax overused tired muscles, and to support muscles in movement on a 24hr/day basis. It is non-restrictive type of taping which allows for full range of motion.

In contrast, traditional sports' taping is wrapped around a joint strictly for stabilization and support during a sporting event obstructing the flow of bodily fluids... an UNDESIRABLE side-effect.

Kinesio Tape is used for anything from headaches to foot problems and everything in between. Examples include: muscular facilitation or inhibition in pediatric patients, carpal tunnel syndrome, lower back strain/pain (subluxations, herniated disc), knee conditions, shoulder conditions, hamstring, groin injury, rotator cuff injury, whiplash, tennis elbow, plantar fasciitis, patella tracking, pre and post surgical edema, ankle sprains, athletic preventative injury method, and as a support method.

To learn more about what Kinesio Tape can do for you, call for a complimentary consultation.

Dr. Justin Swanson - Austin Chiropractic & Acupuncture - <http://www.AustinTXChiro.com>

Dr. Jon Swanson - Bee Cave Chiropractic & Acupuncture - <http://www.BeeCaveChiro.com>

Dr. Jeff Swanson - Cedar Park Chiropractic & Acupuncture - <http://www.CedarParkChiro.com>

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Austin Chiropractic & Acupuncture Clinic

Dr. Justin Swanson, DC, FASA  
Board Certified Doctor of Chiropractic  
Board Certified in Acupuncture  
Palmer College of Chiropractic Graduate  
Fellow, Acupuncture Society of America

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