



DOWNLOAD



## Kinesiology Taping for Rehab and Injury Prevention: An Easy, At-Home Guide for Overcoming Common Strains, Pains and Conditions (Paperback)

By Aliana Kim

Ulysses Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. THE ULTIMATE DIY TAPING GUIDE OF EVERYDAY INJURIES AND AILMENTS INCLUDES OVER 200 STEP-BY-STEP PHOTOS Widely used by physical therapists, chiropractors and personal trainers, kinesiology tape provides incredible support while simultaneously stretching so your body can perform its normal range of motion. Now you can utilize this amazing material at home. Simply buy a roll at your local drugstore and follow the taping methods described in this book to reduce pain, rehab an injury and get back in the game. Providing clear step-by-step instructions and helpful photos, the author shows how to tape the most common injuries and conditions anywhere on the body: \* Neck pain \* Frozen shoulder \* Bicep strain \* Tennis elbow \* Wrist sprain \* Tight IT band \* ACL/MCL sprains \* Achilles tendinitis \* Ankle sprain \* Plantar fasciitis.



READ ONLINE

[ 5.24 MB ]

### Reviews

*A top quality book along with the typeface employed was interesting to learn. It is one of the most amazing book we have study. I discovered this pdf from my i and dad recommended this book to learn.*

-- **Mr. Sterling Hane**

*This pdf is wonderful. This can be for anyone who statte there had not been a well worth studying. You are going to like just how the writer write this pdf.*

-- **Mrs. Adriana Schmidt V**