

Now Available at the Spa



**The Kinesio Taping Method®** has taken the rehabilitation and sports medicine world by storm. Developed by Dr. Kenzo Kase over 30 years ago, Kinesio Taping has become the gold standard for therapeutic rehabilitative taping. Our proprietary method of taping uses a uniquely designed and patented tape for treatment of muscular disorders and lymphedema reduction.

The **Kinesio Taping Method** involves taping over and around muscles in order to assist and give support or to prevent over contraction. The first technique gives the practitioner the opportunity to actually give support while maintaining full range of motion, enabling the individual to participate in physical activity with functional assistance. The second technique helps prevent overuse of over-contraction and helps provide facilitation of lymph flow 24-hours a day.

For more information, please contact:



THE SPA AT SADDLEBROOK RESORT  
813.907.4419



Achilles Tendonitis    ACL    Bicep Tendonitis    deQuervain's    Plantar Fasciitis



AC Joint    Carpal Tunnel Syndrome    Shin Splints    Patella Tendonitis    Scoliosis



Brachial    Hallux    Medial Lateral    Headache    Neck Pain