

Elastic Tape: More Than Just Fashion?

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Elastic therapeutic tape is an elastic cotton strip with an acrylic adhesive that is used with the intent of treating pain and disability from athletic injuries and a variety of other physical disorders. Research suggests that elastic taping helps relieve pain, increase blood flow, increasing lymph flow, as a corrective exercise tool and helps with proprioception.

However, elastic taping has also been in midst of a lot of controversy amongst healthcare professionals, but as scientists we are obliged to research further and establish the controversies before reacting to hear say.

Outcome measures are almost always measured with the patients/clients feedback, however the answers in relation to elastic taping is mixed, and why does this happen? Well the answer lies in understanding the character of elastic taping and the selection criteria for treatment.

This lecture discusses about the reality of elastic taping and practical application criteria.