

Kinesio® Tex Tape Gold™ has taken the rehabilitation and sports medicine world by storm! This amazing elastic therapeutic tape was developed by Dr. Kenzo Kase over 35 years ago in Japan. Since then, Kinesio® Tex Tape Gold™ has become the standard for therapeutic and rehabilitative taping.

- Made from a gentle cotton fiber strip
- Features a 100% medical grade acrylic adhesive
- Totally latex free
- Does not limit range of motion
- 3-5 day wear time to conserve tape and save money
- Creates a lifting effect which improves circulation and relieves pain
- Tension on tape has the ability to relax or stimulate muscles

Kinesio® Tex Tape has the ability to:

- Re-educate the neuromuscular system
- Reduce pain
- Enhance performance
- Prevent injury
- Promote good circulation and healing

With over 35 years of experience, Kinesio® is the only elastic therapeutic tape that you can trust with your health.

What is the Kinesio® Taping Method?

- Taping over and around muscles in order to assist and give support or to prevent over-contraction.
- Applying stretch to the tape or to the target area in order to create space under the skin and create the desired effect on the musculature.
- Affecting change in deeper layers of fascia by manipulating the skin and muscle.
- Creating space underneath the skin to improve circulation and lymphatic drainage.
- Utilizing a number of corrective techniques to promote correct muscle and joint function
- Pain relief by targeting the pain and the source of the pain

- Utilizing single “I” strips or modifications in the shape of an “X,” “Y” or other specialized shapes