

# TRAINING TIP OF THE WEEK

## Does Kinesio Taping help you bring home the gold?

As seen worn by many Olympians at Beijing, Kinesio is a different form of taping that supports instead of restricts muscle motion. It is more elastic than normal tape and when placed correctly by a professional can facilitate muscle healing by increasing blood flow and lymphatic drainage as well as support proper contraction of a muscle. Benefits are that it can be worn for days at a time and remain in place when it gets wet. Scientific study results have not been as positive as the anecdotal reports of athletes who are using the tape on everything from shoulder, knee and hip ailments to carpal tunnel syndrome.



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