

Kinesio Taping Method For Non-Surgical Treatment Of The Cervical Herniated Disc

Kinesio taping is application of tapes on the body. We do it in orthopedics for all types of elements such as knees, hips, and backs. I had a chance to talk to Andrea Wolkenberg, who is a specialist in Kinesio taping, about how she applies this for treatment of cervical herniated disc disease.

Kinesio tape and Kinesio taping method is an elastic therapeutic tape that was invented by a Japanese chiropractor by the name of Kenzo Kase. We put it on the skin and it essentially becomes the second skin. We put it on at different tensions, in different directions, with different cuts depending on what we want to achieve and the tape, when it is adhered to the skin, it recoils and it repositions the skin and so it has a lymphatic component to it because as it lifts the skin, it creates these wrinkles in, we call it convolutions and that opens up the superficial lymphatic vessels and that allows better flow under the skin, better lymphatic flow, takes away waste products.

Que 1: So this is the area where the person is having pain?

Ans 1: Yes.

Que 2: So the patient has herniated disc, neck pain, and pain down the arm, would you tape up the arm or would you focus just on the neck?

Ans 2: Again, it depends. You could do both because there are different ways of applying the tape that I might do one kind of application directly over the disc area. Presumably, there might be some swelling there. I might want to reduce the swelling. I might want to release the fascia that is directly in that area and if they are having, you know, burning and shooting pain down their arm, I might also want to tape along that nerve root to unload the nerve root to give them relief. There is a lot of different ways to tape.

Que 3: Does it work?

Ans 3: It works better than anything. I always say that, you know, if you put me on a desert island with patients and you say I can only have one modality and that is the modality I would choose because it is so versatile. It has a lymphatic component, it has a fascial component, I can manipulate the fascia, I can facilitate muscle, I can inhibit muscle, I can make postural corrections with it depending on the amount of tension and how I apply the tape.

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Que 4: So, who would someone go to to get this if they want to try this therapy?

Ans 4: You have to go to a certified Kinesio practitioner.

Que 5: It sounds like you will have to go to someone who is specialized.

Ans 5: Yeah, I mean there are people out there who are doing it, who have never been trained, _____ put that down and oh you must feel better now, and that is a huge mistake and I always in my classes, I always say, how many of you learn this from youtube, you know, and there is just a lot of crap out there.

Que 6: So is it safe to say that if you are in some place and you do not have someone who is really qualified, _____ stop, do not do it.

Ans 6: _____ stop, do not do it.

Que 7: Is it incorporated into physical therapy or is that you go to someone privately to do Kinesio taping?

Ans 7: No, I mean physical therapists do it, occupational therapists, chiropractors do it, some massage therapists do it, some acupuncturists do it.

Que 8: So if you can get it and you are covered by your insurance with that, go ahead and do that.

Ans 8: Yeah, I mean, it is covered by insurance in different ways depending on how you apply it. You know, if you are applying it to muscle, you are going to make it part of your neuromuscular reeducation, part of your posture reeducation, part of your muscle reeducation, so it is not going to be covered separately under that, it is just you are using that as a modality towards that goal, so you are going to use those minutes that you use, so like that.

Que 8: So essentially while there are other physical therapists ___receiving___ all of these different types of little treatments, massage, E-stim, ultrasound, Kinesio taping is bundled into that and so a patient could go there and speak to the therapist about Kinesio taping, hopefully they will include that in their physical therapy program.

Ans 8: If that is something that they do, they probably will do it regardless of whether the patient asks for it because people who learn it use it.

So the bottom line on Kinesio taping, I do not know, I do not really understand how it would work to help a cervical herniated disc. Andrea is very excited about it. The

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people who do it are excited about it. If you have someone who is qualified to do it near where you live and insurance will cover it and you want to try it, it is fine. I would not put it at the top of my list for treatment of the cervical herniated disc. Certainly, no harm and it may help with some of the pain, but just I am not sure how it is going to help with a herniated disc pressing on a nerve.

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