

Comprehensive Review of K-Taping: Techniques and Applications in Physiotherapy (2nd Edition): Book Review

Birgit Kumbrink, K-Taping Academy, Dortmund, Germany

Esida Hoxha

PhD Candidate at Alma Mater Europea, Lecture European University of Tirana, Albania

Abstract: *This review critically examines the second edition of K-Taping, exploring its application across various physiotherapeutic disciplines. The books comprehensive coverage, from theoretical underpinnings to practical methodologies, is analyzed. The review highlights the significance of K-Taping in sports medicine and rehabilitation, underscoring its growing importance in the field. "K-Taping" is a title that as soon as you read it is related to the professional part of physiotherapy treatments, but not only, as it is also widely used in the well-being and health care of all sports disciplines. A field where it is worth mentioning that it is taking a significant development in this 10-year period. The significance of this review lies in its comprehensive analysis of K-Taping techniques, contributing to the understanding and advancement of physiotherapeutic practices.*

Keywords: K-Taping, Physiotherapy, Rehabilitation, Sports Medicine, Therapeutic Techniques

1. Analysis

K-Taping is one of the most innovative methods, recently developed, which has greatly helped various users of taping, a technique that minimizes and excludes the use of medications or other invasive interventions. From the studies done at least in the last 12 years it has turned out to be successful, studies done by the German Academy of K-Taping, in cooperation with Charite Berlin, whose research and experiments still continue. K-Taping, in addition to Germany, Austria and Switzerland, which offers certified training for different professionals, is also extended to Australia, France, Croatia and Canada. Accredited associations (SFMKS) as well as monitored by the certification board in the USA (BOC), for ongoing training.

The book is divided into 9 chapters that describes in detail the placement and function of taping in every structure, from the muscular system to the use of taping in gynaecological rehabilitation. (Chap.1); the k-taping method, from theory to therapeutic methodology (Chap.2); the four application techniques, muscle applications, ligament applications, corrective applications, lymphatic applications, (Chap.3); muscle applications (Chap.4), ligament applications (Chap.5); corrective applications (Chap.6), applications for specific indications (Chap.7) lymphatic applications. (Chap.8) neurological applications. (Chap.9) gynaecological applications.

2. Strength

As a positive point of this publication, I mention the use of k-taping in different segments and structures of the human body, but if it were to be analyzed or compared from other studies in the future, some key points are missing: the time of keeping the taping from the patient or athlete, have not been treated when taping is contraindicated, or other specifics related to the age factor.

3. Weakness

For each chapter, only the way of placing and applying the tape is explained, related to the joints, muscles, etc., but without mentioning the placebo effect and the time of their use. This is an obstacle for many professionals who use taping in their therapies with patients.

4. Conclusion

In summary, this book review provides an insightful overview of the K-Taping book, highlighting its practical and theoretical relevance in physiotherapy. The review underscores the necessity of certified training for effective application of K-Taping techniques. This book provides a detailed application of k-taping and applies above all to health professionals (physiotherapists). What is worth emphasizing, regardless of the fact that in this book, every method of placement, the extent of taping and positioning of the segment where you will perform the function, professionals for a higher accuracy in use must carry out certified training. Only in this way, elastic taping would become functional for doctors and physiotherapists.

References

- [1] Publisher Springer Medizin
- [2] Book specific Medical science Publish2014;
- [3] ISBN-13 978-3-662-43572-4 (Print) Language English
- [4] ISBN: 978-3-662-4357301 (eBook)
- [5] DOI 10.1007/978-3-662-43573-1Pages248