

Role of Kinesio Taping in lymphoedema management

What is Kinesio Tape:

- Kinesio Tape is the same thickness as the top layer of your skin.
- The tape is applied in a variety of ways that aim to lift the upper layers of skin in the affected area. This increases the space between your skin and the underlying structures that encourages the removal of excess fluid through the lymphatic pathways.
- The tape also results in decreased pressure and irritation on neural and sensory receptors consequently reducing pain and discomfort.
- The tape has a wave like pattern on it, which helps to lift the skin and provides channels through which moisture can escape.
- The tape comes in a variety of colours.
- The cotton content allows the tape to dry quickly when it is wet. It contains no rubber (latex).

How is it used:

- First you will be patch tested with a piece of tape. If you are aware that your skin is sensitive please inform your therapist.
- The tape is applied in a specific shape.
- The tape will need to be removed after three to five days.
- You will attend the clinic after seven days and the effect of the tape will be discussed.
- The shape of the tape may then be changed.
- If the tape is effective at helping you to manage the lymphoedema we will teach you how to apply.

Whilst the tape is applied:

- You can apply moisturiser over the top of the tape
- Pat dry
- Trim off curled edges

How to remove tape:

- Remove tape in direction of hair growth by rolling it rather than pulling
- Removing in shower or bath maybe easier

- Push the skin away from the tape rather than pulling the tape away from the skin
- Mineral oil may ease tape removal.

Applying the tape yourself:

- Before the tape is applied the skin must be clean and free from any lotions.
- Apply at least 20 minutes before a shower or activity to achieve maximum adhesion.
- Body hair may need to be shaved.
- If you are worried about reapplying the tape correctly you can draw around where the tape is applied or take a picture.
- Cut the tape to size and shape, rounding off edges to prevent it peeling.
- Attempt to stretch the swollen area before you apply the tape.
- Position the tape and then slowly pull the backing paper away from the anchoring point. As you pull the backing paper off smooth it down onto your skin.
- Once you are happy it is in the correct position rub it to activate the adhesive.

Where you can obtain it: www.kinesiotaping.co.uk