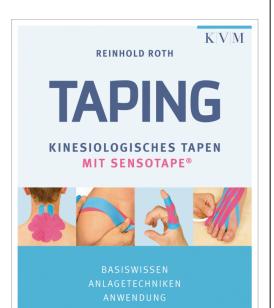
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## **Book information**

Authors: Title: Reinhold Roth

Taping – Kinesiologisches Tapen mit Sensotape® Basiswissen | Anlagetechniken | Anwendung

Subtitle: Short text:

Sensotape<sup>®</sup> is an innovative new product from Japanese medicine and is based on the principles of kinesiology taping. The unique, gentle, and drug-free treatment method is becoming increasingly important in sports medicine and has also become the focus of general medical and therapeutic interest in recent years. Sensotape<sup>®</sup> has a wide range of effects, including the muscles, tendons, ligaments, joints, and lymphatic system; it activates the body's own self-healing powers without restricting physical mobility. This guidebook introduces the theoretical and practical principles of the treatment method and explains how to use it for a wide variety of ailments. The graphic representation of the affected structures and the detailed illustrated step-by-step instructions for the appropriate tape application in each case make the book a solid guide for daily therapeutic practice. It is also suitable for trainees in the healing professions, trainers, athletes, and interested laypersons due to its clear explanations.

**Categories:** 

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