



Edition: 2nd completely revised Edition 2019  
pages: 164  
Images: 350  
Cover: Softcover, 19,2 x 24 cm  
ISBN: 978-3-86867-477-4  
Stock No.: 30263  
Published: April 2019

Price 24,80 €  
Subject to changes!

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## Book information

**Authors:** Reinhold Roth  
**Title:** Taping – Kinesiologisches Tapen mit Sensotape®  
**Subtitle:** Basiswissen | Anlagetechniken | Anwendung

#### Short text:

Sensotape® 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® 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:** Physiotherapy, Guide Health & Medical Science