



Kinesiotape - A Great Pain Reliever

Kinesiotaping is a taping method that was developed by a chiropractor in Japan. It is very popular amongst trainers and chiropractors especially when working with elite athletes. We've been using Kinesiotape in the office for about a year now with great results.

From the [Kinesiotaping website](#):

The Kinesio Taping® Method has taken the Rehabilitation and Sports Medicine world by storm. The proprietary method of taping uses a uniquely designed and patented tape for treatment of muscular disorders and lymphedema reduction.

The Kinesio Taping® Method involves taping over and around muscles in order to assist and give support or to prevent over-

contraction. The first technique gives the practitioner the opportunity to actually give support while maintaining full range of motion. This enables the individual to participate in their normal physical activity with functional assistance. The second technique, which is most commonly used in the acute stage of rehabilitation, helps prevent overuse or over-contraction and helps provide facilitation of lymph flow for an entire 24 hour period.

We have used this method on various injuries in the office. For example, in one day this tape was used to reduce the inflammation of biceps tendonitis, pregnancy-related pelvic pain and shin splints. If you have any questions about how Kinesiotape can help you, feel free to [contact](#) your [Vancouver Chiropractor](#).

Mark Your Calendars!

Dr. Debbie will be hosting a wine and cheese night on Thursday June 25th, 2009. The festivities will be ongoing from 6 pm -9 pm.

Dr. Debbie wants to thank all of her

patients for 7 great years of practice in Vancouver. Come on out for a few minutes or a few hours to socialize, and meet Dr. Ian Boonstra who will be taking over her practice.

Upcoming Office Closures

Chiropractic services will not be available on the Saturday and Monday of the Victoria Day long weekend.

Dr. Debbie Wright will not be working on Saturday mornings during the month of May.

Topics in this issue:

- Kinesiotape - A Great Pain Reliever
- Mark Your Calendars!
- Upcoming office closures

Practitioners:

Dr. Ian Boonstra, DC
Dr. Debbie Wright, DC
Kurt Jurek, R AC,
R.TCM.P
Cheri Naslund, R Ac
Katrina Smith, RMT
John Yamashita, RMT

Thrive Chiropractic
Wellness Centre
1546 W 2nd Ave.
Vancouver, BC
V6J 1H2

p: 604-730-0111

p: 604-730-5444

f: 604-730-4655

info@thrivewellness.ca

www.thrivewellness.ca