



**Dr. Beverly Gordon, D.C., CKTP**

**Gordon Chiropractic, P.C**  
**Thehorseinmotion@aol.com**  
**EquineDC@aol.com**

**cell # (516) 606-4141**  
**Wellington, FL 33414**  
**Oyster Bay, NY 11771**

---

## **Kinesio Taping Human and Equine Athletes!**

You might have seen professional and Olympic athletes wearing what appears to be colored tape on their bodies, and probably wondered what it was.

Cyclist Lance Armstrong ran the 2006 NY City Marathon wearing the tape; Olympian Volleyball player Kerri Walsh wore the tape during the 2008 Beijing Olympics; tennis player Serena Williams, soccer player David Beckham, and Kevin Garnett of the Boston Celtics are just a few of the many professional athletes using the tape. Of course, it is only a matter of time before what is sometimes called "magic tape" makes its way to the equestrian community. And not just for the riders, but for their horses as well.



**Justin Thompson, Director  
of Golf Wanderer's Club,  
Wellington FL**

### **Taping Human Athletes**

The tape is known as Kinesio Tape, and was developed in the late 1970's by the brilliant Japanese Chiropractor Dr. Kenzo Kase. Currently, Kinesio Tape is used worldwide by professional athletes and health care professionals to decrease pain, heal injuries and improve athletic performance.

As a Certified Kinesio Taping Practitioner (CKTP), I have personally witnessed the amazing effects this tape has had on human athletes. Depending upon its application, this "magic tape" can be used to relax tight muscles, increase circulation, decrease swelling, increase muscle work capacity, and improve overall performance and training.

Golfers, tennis players, riders, as well as other sports enthusiasts have benefited from using the tape for healing bruised, injured tissue (inflammation and pain) and

supporting function when performing. Additionally, using Kinesio tape to aid posture, balance and core strength during training has proven to be another very successful application for human athletes.

And then there are horses...

The growing success Kinesio taping has had on humans brings an interesting thought to mind, "If Kinesio Tape works this well on humans, why not on horses?"

In conjunction with Kinesio Taping Association International, I have been involved in research centering on the use of Kinesio Taping Method for horses. The

science behind the applications of the tape is similar for both equine and

humans athletes, however, different taping

methods for specific equine issues and conditions exist. One thing which remains the same is the winning impact the tape has on healing and athletic performance.



**Tyler Amend on Briezer**

## **More about Kinesio Tape**

Kinesio tape contains no medications. The effectiveness of the tape is solely dependent upon the taping application, and while the application appears simple, correct taping assessment and technique can be very specific and quite complicated.

The mechanism by which Kinesio tape affects the body is completely different than that of other athletic tape, so the concept can often times seem confusing. The effect of the tape is based on its ability to interact with the skin and associated neurosensory receptors. The elasticity of the tape mimics that of the skin. While 'traditional' athletic taping applies pressure and acts like a brace, Kinesio tape does the opposite - it 'decompresses' the skin and pain receptors thereby increasing blood and lymph flow.

When applied properly (which is very important to a successful outcome), the tape allows full range of motion during activity. Kinesio tape reduces swelling, pain and inflammation, and increases circulation. But the best thing about the tape is how well it works.



**Neve Myburgh Certified German  
Berierter on Mandate**

## Applying Kinesio Tape to Horses

Kinesio taping horses includes a huge variety of applications. I often use the tape in conjunction with other treatment modalities, such as Chiropractic. One benefit of the tape is that it can be used along with many veterinary protocols such as medications, shock-wave therapy, injections, etc. An important quality of the tape is that it is effectively functioning the entire time it is applied to the skin, during

active training and at rest, and this is a key ingredient to its success.

Here are two examples of Equine Kinesio Taping applications.

**Case No.1.** I recently worked with a talented dressage horse that seemed to chronically have a "weak back". Understandably, the trainer was frustrated because she was having difficulty training the horse. The horse periodically seemed to struggle with movements which the trainer believed should have been easy for him, and he showed evidence of recurring back soreness. After a discussion with the trainer, and assessing the horse, I determined the best treatment for the horse would include a Chiropractic adjustment, after which I applied Kinesio Tape. I taped the horse several times over a period of a few weeks, with slightly different tapings each time as indicated by my assessment. The horse trained with Kinesio Tape applied, and improved greatly. I also taped the trainer for a chronic knee issue which interfered with her riding. Both the horse and the trainer were taped, and both felt and performed better as a result.

**Case No.2** Application of Kinesio tape for purposes of improving training and not just treating injured or sore tissues has shown great success. One of the jumper horses I worked on recently had been back to work after a long lay off. When I saw him for his regular Chiropractic assessment, an examination revealed a bit of myofascitis along with trigger points in the gluteal muscles, not uncommon in working horses. He began

training with the tape applied and after a re-examination he was greatly improved and the trainer said he noticed the horse would fatigue less quickly and train better.

***Specific Kinesio taping applications applied during exercise improves overall training potential, and this use of the tape has proven to be of great value for performance horses!***

Some equine conditions (I am only listing a few here) which have responded well to Kinesio taping include: swelling/filling and inflammation, sacroiliac, back and hip issues, and muscle tension and pain. I have found that lymphatic and support tapings for issues resulting from suspensory and other damaged lower leg structures also work very well.



**And of course, we can't forget about helping the little ones, too!**

So, now you know the source of that mysterious tape seen on professional and non-professional athletes. Kinesio Taping Method is used by human athletes all over the world, and because of its success, it is becoming increasingly popular. And now we can use it to help our equine athletes as well!

For more information on Kinesio Taping horses you can contact me by visiting [\*\*www.TheHorseInMotion.com\*\*](http://www.TheHorseInMotion.com).

Until next time,

Dr. Bev Gordon