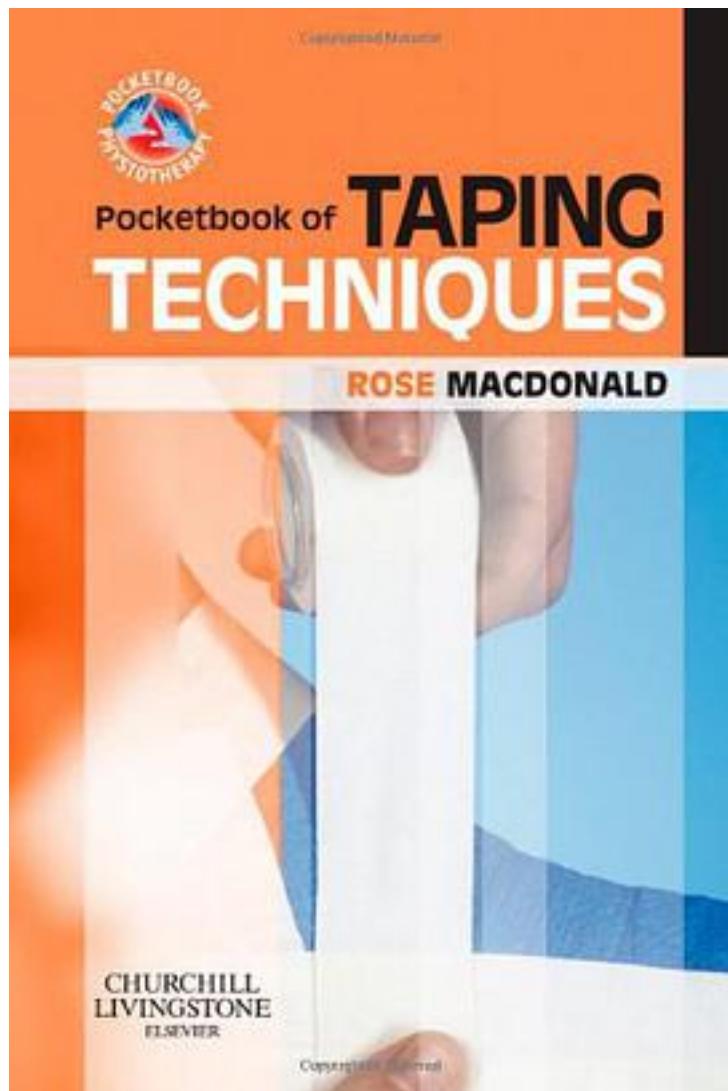


Pocketbook of Taping Techniques



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Functional taping is now recognised as a skill which is essential for those involved in the treatment and rehabilitation of sports injuries and many other conditions such as muscle imbalance, unstable joints and neural control. This exceptional new Pocketbook of Taping Techniques takes the place of the highly successful text which was also edited by Rose Macdonald. It incorporates all the basic techniques vital to the practice of good taping but also includes chapters on new evidence-based procedures written by experts from around the world. To aid in the development of these techniques, this pocketbook demonstrates many new methods which may be used as indicated or modified to suit the clinical situation.

Structured by body region with highly-illustrated descriptions of relevant taping techniques
Covers all aspects of functional taping
New techniques to alter muscle activity and proprioception based on scientific evidence
Handy, portable size for easy reference in the field

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