

KINESIO TAPING® IN PEDIATRICS

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Kinesio Tex® Tape is a valuable resource and adjunct to treatment in treating the pediatric population. Kinesio Tape can be used to facilitate movement patterns and muscle use, increase stability, and improve alignment and function. Proper application techniques are key in obtaining optimal results. The following two techniques can be used with the pediatric population. Always be sure to use a test patch over the area to be taped for four days prior to taping, to assess for reactions to the tape. Often the trunk is more sensitive to tape than the extremities. A light coat of Milk of Magnesia can be used under the tape to decrease sensitivity.

Abdominal Taping:

This technique was first demonstrated by Heather Murray, P.T., PhD., a Kinesio Taping instructor. INTERNAL AND EXTERNAL ABDOMINAL OBLIQUES: 2 “Y” tapes, 2” width.

1. Measure tape length from ASIS (anterior superior iliac spine) to about lateral 10th rib.
2. Cut tape into “Y”, with tails extending from umbilicus to ribs and anchor from ASIS to umbilicus.
3. With child supine, hips flexed to place pelvis in neutral position. Have child slightly sidebend toward side where anchor starts to lengthen lateral trunk.
4. Anchor at ASIS and apply diagonally over umbilicus with no tension.
5. Apply medial tail toward anterior-lateral ribs 10 to 12 with minimal tension.
6. Apply lateral tail toward posterior-lateral ribs 10 to 12 with minimal tension.
7. Apply on opposite side to form an X with two tails. Be sure to sidebend toward anchoring ASIS to elongate trunk.

This method stabilizes the ribs to “connect” upper and lower trunk and provide a more stable base for the shoulder girdle to move on.





Palmar Stability

Manipulation is the ability to position the fingers and thumb to handle objects. Children acquire and refine these skills throughout their development. Precision handling and manipulation developed with the thumb in opposition and the fingertips on the object. Throughout the child's development there is a gradual refinement of movements.

Muscles used during object manipulation involve the intrinsic musculature of the hand. The flexor pollicis brevis, opponens pollicis, and abductor pollicis brevis are the muscles that assist with maintenance of the web space. Long, 1970 describes this as the thenar triad muscles of the thumb. The intrinsic includes the interossei, lumbricales, thenar triad muscles and adductor pollicis, which are used for active manipulation of objects.

Children with musculoskeletal weakness of the hand or central nervous system dysfunction often present difficulties with fine motor prehension. The pattern most often used is mass grasp and release with poor thumb-finger opposition and decrease web space. Taping for palmar stability provides the proprioceptive input of stabilizing and facilitating fine finger movements. This taping technique also supports the web space. For extremely weak hands, a lumbricale splint may be applied in addition to the taping to strengthen the muscles for prehension.

Long, C., et al. (1970) Intrinsic-extrinsic muscle control of the hand in power grip and precision handling. The J of Bone & Joint Surg, 52-A, (5), 853-867.

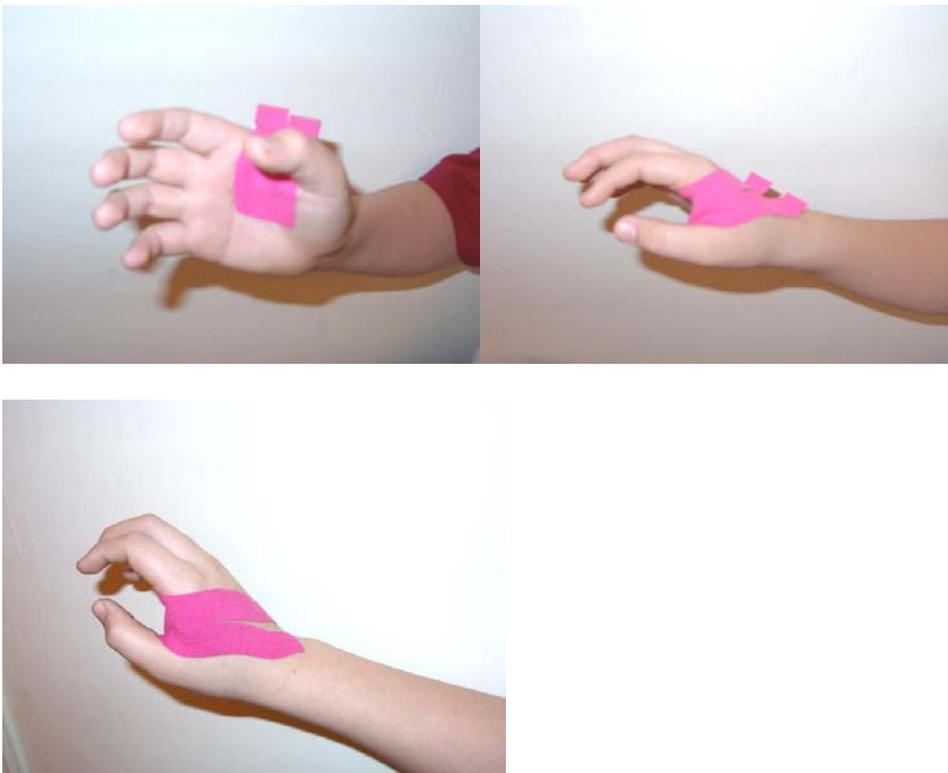




Taping for Palmar Stability:
 “Y” tape, 2” width

1. Position hand in neutral, wrist in 20 degrees extension.
2. Measure Y tape and cut base/tail 50-50.
3. Start tape with no tension at palmar arch and through web space.
4. Support palmar arch and web space
5. Stretch tails over dorsum of hand with minimal pull in a diagonal direction
6. Leaving no tension at the end

This technique improves wrist and hand alignment, as well as provides stability in the palmar arch for writing and fine motor activities.



Pediatric Kinesio Taping courses can be found online at kinesiotaping.com.