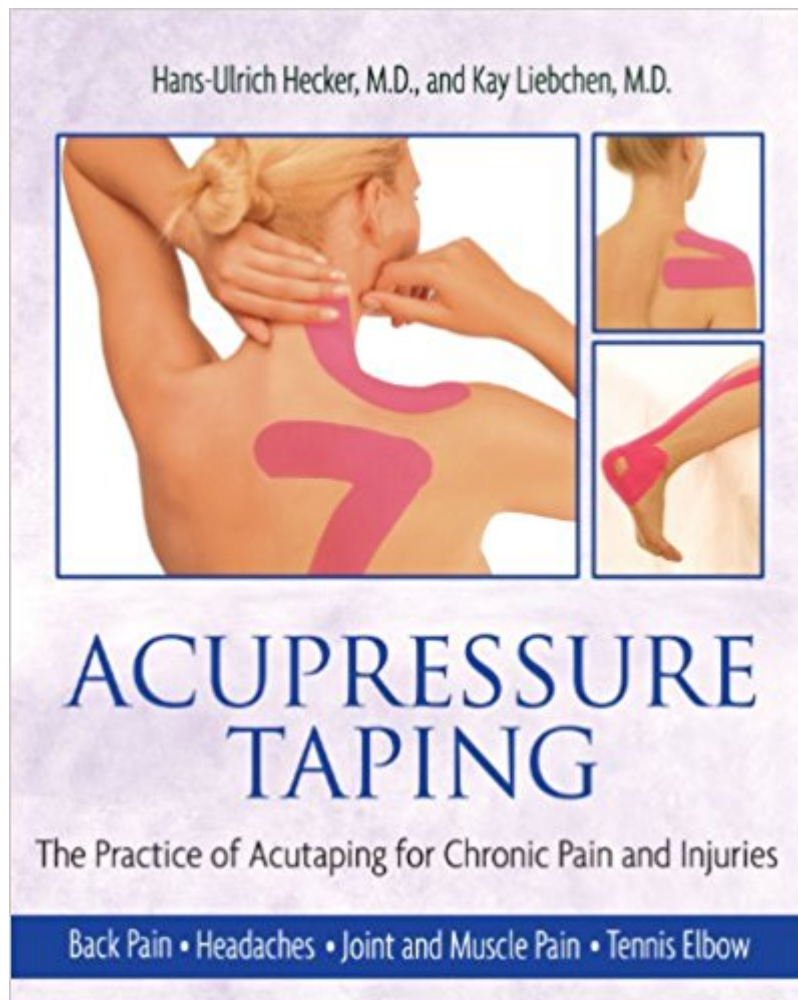




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# Acupressure Taping: The Practice Of Acutaping For Chronic Pain And Injuries



## Synopsis

Combines acupressure and massage to treat pain using elastic tape – Shows how the use of an elastic, adhesive tape works with the body's own motions to combine the actions of acupressure and massage – Presents both therapeutic and preventative techniques for acute and chronic pain – Contains step-by-step instructions illustrated in full color detailing how to self-treat pain in all parts of the body

Sufferers of chronic pain well know the frustration of treatments involving endless rounds of drugs or expensive physical therapy--that may or may not offer relief. In *Acupressure Taping*, authors Hecker and Liebchen present a comprehensive guide to a new method of pain treatment--acutaping--which offers a much simpler and more effective alternative. In acutaping, elastic tape is placed over the afflicted area in accordance with related acupuncture points. During the course of normal movement throughout the day, the elastic tape provides a gentle but consistent massage to the inflamed area. Because the skin adheres to the tape, it is shifted against the subcutaneous tissue during motion, causing lymph tissue to drain and connective tissue to be massaged. The authors show that most bodily dysfunctions can be self-treated through this innovative method. Combining elements of Chinese medicine with osteopathy, acutaping produces a method of treatment for ailments ranging from back pain and tennis elbow to menstrual pain and migraines. Acutaping is an easy and effective treatment--without side effects--that offers welcome relief to sufferers of chronic pain.

## Book Information

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## Customer Reviews

"With straightforward diagnostic lists, easy instructions with tips, great color photographs, and an appendix of ailments, this guidebook will appeal to those interested in trying this conservative-care approach to pain management at home. It is also appropriate for healthcare professionals working with musculoskeletal problems. Recommended for acupuncture, massage, naturopathic, chiropractic, and osteopathic school libraries as well as for most public libraries." (Janet Tapper, Library Journal, April 2007)"Here's a guide to a new method of pain treatment, acutaping, which offers an easier alternative . . . Any bodywork health library needs this." (The Midwest Book Review, April 08)

**HEALTH / BODYWORK** Sufferers of chronic pain well know the frustration of treatments involving endless rounds of drugs or expensive physical therapy--that may or may not offer relief. Doctors Hecker and Liebchen present a comprehensive guide to a new method of pain treatment--acutaping--which offers a much simpler and more effective alternative. In acutaping, an elastic cotton tape, known to many people as kinesio tape, is placed over painful muscles or joints to provide support, relieve pain, and improve lymph drainage, while encouraging full freedom of motion. When a muscle is inflamed or swollen, the space between the skin and the muscle becomes compressed, irritating the muscle's pain receptors. The therapeutic elastic tape is able to lift the skin away from the underlying muscle, relieving this painful irritation. During the course of normal movement throughout the day, the tape provides a gentle but consistent massage to the inflamed area. Because Dr. Hecker and Dr. Liebchen draw upon their knowledge of traditional Chinese medicine, acupuncture, and the holistic principles of osteopathy, they carry treatment with kinesio tape a step further. Unlike simple kinesio taping, which primarily tapes the locus of pain, the taping protocols in this book are designed to stimulate related acupuncture points as well, combining principles of acupressure and massage for improved healing and pain relief. The authors show how many bodily dysfunctions can be self-treated through this innovative method, and they present therapeutic as well as preventive techniques for addressing acute and chronic pain--from chronic back pain and tennis elbow to menstrual pain and tension headaches. With step-by-step instructions, illustrated in full color, detailing how to self-treat pain throughout the body, acutaping provides an easy and effective treatment approach--without side effects--that offers welcome relief to sufferers of chronic pain. HANS-ULRICH HECKER, M.D., is an internationally known expert in acupuncture and Chinese medicine. He is a lecturer in naturopathy and acupuncture at the University of Schleswig-Holstein in Germany and the author of numerous books translated into many languages. KAY LIEBCHEN, M.D., is an orthopedist who specializes in pain

therapy, acupuncture, and acutaping. He teaches chirotherapy at the Dr. Karl Sell Medical Seminar and is the coauthor of numerous textbooks. The authors live in Germany.

I am a formerly Certified KinesioTaping Practitioner. I teach an informal KinesioTaping class through community education, and always bring this book as a recommended favorite for the lay person. KinesioTape was originally created for lay people to use on themselves, and this book is a GREAT guide for basic applications. Yes, taking an official class is always best and you will learn some nuances for taping the most efficiently by taking a class, but you will still get decent results by following this book. I like how it combines KinesioTaping with acupressure meridians (which, I have found, does work). I like the pictures showing you not only how to apply the tape, but what position to have the body in while applying the tape. It is a GREAT basic guide.

Written by 2 doctors who obviously know a thing or two about TCM, Acupressure Taping is a very well-designed and illustrated book showing a non-invasive technique to relieve pain by stretching a length of adhesive tape over the affected area. From the start, the authors distinguish between kinesio-taping from acutaping. It puzzles me that many of the reviewers here have failed to tell the difference. As the name suggests, acutaping involves the placement of the tape along acupuncture meridians. Thus, the authors stress that acutaping involves knowledge of acupuncture and traditional Chinese medicine (TCM). The brief introduction to the basics of TCM is probably more confusing than enlightening. Since the purpose of the book is not go into mind-boggling concepts of Yin & Yang, Five Elements, Internal/External Organs and Six Evils, it would have been better to go straight into acupuncture meridians and show their pathways clearly on the human body. The authors go on to list the indications, contraindications and caveat. Then, they bring us on a sightseeing tour around the human body. As in acupuncture, bony and muscular landmarks must be recognised. After that, the book goes straight into technique with some very good illustrations on different parts of the body of a female model. As an acupuncturist myself, I'm eager to use this non-invasive technique, but clinical experience shows that it has limited efficacy for any degree of pain/discomfort that won't go away with aspirin. I would only use it prophylactically or as a follow up to acupuncture sessions. Nevertheless, for those who are not trained or qualified to insert needles, it may serve a useful adjunct to professional management. Just don't expect it to work for anything more than mild discomfort. I have serious doubts about acutaping working for diarrhoea, sinusitis, tinnitus and menstrual cramps. Applied Channel Theory in Chinese Medicine Wang Ju-Yi's Lectures on Channel Therapeutics Management of Post-Operative Pain with Acupuncture, 1e

Like the other low rated reviews this book was very disappointing. As a massage therapist in the medical field I was hoping to learn more about taping for chronic and acute pains. I know some taping methods and was hoping to learn more but not with this book. I am not really into energy work and this book is all about it.

It's not the most technical book, but by cow, it works. I'm a beginner to taping, and use it mainly to stop the aches and pains at my advanced age of 31. It has clear diagrams of how to stretch, and equally unambiguous steps of where to place the tape. My only reservation is that it doesn't have instructions on the 'how' to tape - do I stretch the tape, do I roll it on? Dance a little shamanistic dance around after taping? A bit more background on why it works would also be nice, like, it stretches this muscle and this muscle. We've used it for calves, ankles, elbows and shoulders and the relief was immediate and palpable. But listen, for around \$10 and pain relief with a bit of tape, you really can't grouse. Not too much. Could it be better, well yes. Is it pretty good - yes, if you want to get into taping for personal pain relief. If you're in it to win it, for performance sports etc, I wouldn't recommend it. But otherwise, great for noobs.

I think combining kinesio taping with an Oriental medicine acupuncture meridian approach is a great idea. After all, the inventor of kinesio taping was a Japanese chiropractic physician and kinesiologist. The author not only failed to properly honor the inventor's credentials, he also failed to offer anything new to the reader or the body of knowledge within health care as a whole. This book is a major disappointment to me, at least. His "better than thou" MD/Allopathic ruins an otherwise interesting subject matter. The lack of new and creative thinking, while espousing to have a unique idea is outright deceptive and self-glamorizing. Possibly somewhat useful for a beginner.

I know my anatomy pretty well, so I'm 85% sure I follow the positioning. I'm even a bit of a spatial savant comparative to the general population. It's the how-ie with or without give in the tape, how much "pull" to apparently, not put on the tape that is unclear. Not only from the description, but in the actual sensation of "there, that's adequate tension

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