

STRAP TAPING FOR SPORTS AND REHABILITATION (With DVD)

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DESCRIPTION:

Strap Taping for Sports and Rehabilitation presents taping techniques for use on all body areas in both physical therapy and modified athletic training. This easy-to-use reference contains 50 strap taping techniques with Leukotape that help support or control joint mobility.

CONTENTS:

- Chapter 1. Introduction to Taping
- Chapter 2. Ankle and Foot
- Chapter 3. The Knee
- Chapter 4. The Cervical, Thoracic, and Lumbopelvic Area
- Chapter 5. The Shoulder
- Chapter 6. The Elbow, Wrist, and Hand

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