

## ***Dr. Reena Pathak***

Dr. Reena is a licensed Doctor of Chiropractic (DC), a Certified in Graston® technique), Cox® Technic and trained in Acupuncture. She is an honours graduate of National University of Health Sciences where she obtained her Doctor of Chiropractic degree. Dr. Reena Pathak also graduated from University of Windsor and St. Clair College of Applied Arts & Technology and earned a Bachelor's of Science degree, Bachelor's of Education and a Diploma in Health Sciences in Medical.

Dr. Reena is dedicated to helping all her patients achieve their optimal state of health and well-being. She provides a thorough assessment of her patients and firmly believes in the importance of patient education. She encourages her patients to become active participants in their healthcare, and is a strong advocate of preventative medicine.

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**KINESIO TAPING**

**Dr. Reena Pathak  
Chiropractor**

## What is Kinesio Taping?

Dr. Kenzo Kase developed the Kinesio Taping (KT) method in Japan over 25 years ago. It is a unique taping technique that utilizes flexible, elastic tape to support joints and muscles. Unlike traditional athletic tape, Kinesio Tape does not restrict motion or compromise circulation.



## What Does KT Do?

The elastic properties of the tape, combined with the application techniques, allow the tape to lift the skin microscopically; this unique effect not only helps to alleviate pain, but also enhances circulation and lymphatic drainage (the body's waste disposal system).

The tape can be applied to muscles to facilitate contraction or to help relax tight/injured muscles. KT can also be used to help stabilize damaged joints and ligaments.

## Properties of the Tape

Kinesio Tape was designed specifically to mimic the qualities of the skin.

- The tape stretches longitudinally up to 30-40% of its resting length, approximately equal to the elastic quality of human skin; this elastic property of the tape lasts 3-5 days.
- The elastic polymer is wrapped by 100% cotton fibres, which allows for evaporation of body moisture and quick drying.
- The thickness of the tape is approximately equal to the epidermis (outer layer of skin) and thus limits the body's perception of weight on the skin.
- Kinesio Tape is latex-free and does not irritate the skin. It is easily removed, leaving behind *no* glue residue.
- The adhesive is heat activated and becomes more adherent the longer the tape is worn. It is 100% acrylic, and is applied in a wave-like pattern to assist in lifting the skin and to promote escape of moisture.

## Conditions

Kinesio Taping can be used to treat all types of patients, ranging from Olympic athletes to more sedentary individuals, and is beneficial for a wide variety of conditions, including:

- Low Back Pain



- Neck Pain

- Headaches

- Carpal Tunnel Syndrome



- Muscle Strains

- Shoulder Conditions

- Knee Conditions



- Plantar Fasciitis

For more information about Kinesio Taping in Canada, please visit:  
<http://www.kinesiotape.ca>