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~~Kinesio Taping Perfect Manual—Kinesio Tape~~

Overview. Kinesio Taping Perfect Manual: Covers common clinical conditions with easy-to-follow instructions for new

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users, Conditions covered include: Carpal Tunnel Syndrome, Menstrual Cramps, Low Back Strain/spasms, etc. Illustrated Kinesio Taping: Covers the essentials and gives you a step-by-step approach... more info.

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Kinesio Taping Perfect Manual. If you are a home user wanting to learn how to apply Kinesio Tape, this manual is for you. It was developed for the general population and requires very little knowledge of anatomy or medical terminology. It provides easy-to-follow instructions for taping a variety of common conditions, including low back pain, flat feet, neck pain, shoulder pain, carpal tunnel syndrome and charley horse.

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3.0 out of 5 stars Kinesio taping perfect Reviewed in the United States on July 22, 2008 Manual explains the use very nicely and the illustrations are nicely done so they are easy to follow.

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