



ALLIED  
**Physical Therapy**  
WELLNESS COMMUNITY™  
*Get back to what you love*

# Kinesiology Tape

## How k-tape can help support weak muscles

Kinesiology tape (K-tape) is a stretchy, breathable, therapeutic tape designed to support muscles and joints without restricting movement. When applied properly, it can help reduce pain, improve circulation, and enhance body awareness, making it useful for injury recovery, performance support, and injury prevention.

K-tape works by gently lifting the skin, which increases blood and lymphatic flow to the underlying muscles and fascia. When applied to weak muscles, the tape provides light, targeted tension that helps guide and support the muscle's movement without restricting range of motion—almost like giving it a subtle reminder of how to activate properly and avoid overuse of surrounding muscles.

For leg cramping at night, taping before sleep can help by improving circulation, supporting proper muscle alignment, and reducing excess tension in the calf or thigh muscles. The gentle sensory feedback from the tape can also calm overactive nerves and prevent sudden muscle contractions. Combined, these effects can lessen both the frequency and intensity of nighttime cramps, making sleep more comfortable and uninterrupted.

See our Wellness Connection video on the proper application of k-tape for more information!

SCAN HERE WITH YOUR PHONE  
TO SEE OUR VIDEO!



## Don't forget to "brush" your muscles!

Just like brushing your teeth three times a day – it is equally important to "brush" your muscles! Stretching the muscles of your arms, legs, back, and neck can help keep joints lubricated and increases blood flow to keep tissues healthy! Make it a habit – when getting ready in the morning, waiting on dinner, or while watching television in the evening! Your body will thank you!



**1469 SW 4th Terrace • Cape Coral FL 33991**

Our state-of-the-art clinic is conveniently located near the intersection of Pine Island Road and Chiquita Blvd in Cape Coral, behind the Aldi supermarket.



(239) 242-0070



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