Handout:

Tape It Up: Kinesio Taping Techniques for Oral Motor Issues
Treva Blackman, CCC-SLP & Edith McCollom, CCC-SLP

(See more at: http://care-to-collaborate.com/ceu-espresso/product/tape-it-up-kinesio-taping-techniques-for-oral-motor-issues/#sthash.wPwRuMnM.dpuf)

In addition to this handout, please download the following documents prior to the course:

www.aipro.info/drive/File/TAPING_IN_PEDIATRICS_di_K_Kase.pdf

Tape It Up: Kinesio taping Techniques for Oral Motor Issues

March 29, 2014
Treva Blackman and Edith McCollom
CEU-Espresso.com

Part 1

What is Kinesio taping?

Kinesio taping method is a therapeutic modality that gives support to the muscle without restricting range of motion or blood flow. It reduces overuse of the muscles and enhances circulation, increases muscle and sensory function. The elasticity of the tape is similar to the skin.


How does this apply to speech therapy?

Did you ever wish you had three hands during a therapy session?

Taping can be used in place of manual stretching with clients who are aversive to intra/extra oral stretches until their tolerance improves.

A third hand during therapy to facilitate a functional position for nursing, feeding, eating, and speaking. How? For example: lip closure, oral resting posture or jaw support.

Empowers the client with the success during functional tasks which in turn increases carry over and neuromuscular re-education.

Provides sensory input, increases awareness and proprioception

Caregivers can be easily trained. Document return demonstration. Home Exercise Program. pro

This does not take the place of skilled therapy, it is another modality to integrate into your current intervention repertoire.

Bag of Tricks = Modalities

Oral motor exercises
Beckman
NMES- Vital Stim, ESP Effective Swallow Protocol
DPNS:--oops, now I have dated myself

Adding today: Kinesio taping

“Modalities” also require physicians orders: Therapeutic muscle taping to increase [function statement].

Who founded this new (to speechies) modality?

Dr. Kenzo Kase, D.C, Japanese Chiropractor

1970’s while in the practicing in United States, Dr. Kase began researching and examining new treatment methods for the body to heal itself.
1980, Dr. Kase published his first book on Kinesio taping
1995, began to be used in sports and medicine in the United States.
### Olympics

What do the athletes have taped on their body?

**Kinesio Tape!**

Now physical and occupational therapists, sports medicine, athletic trainers, and physicians all use kinesio taping as a regular modality in their toolbox all around the globe.

Even the cosmetic/beauty industry has beat us (Speechies) in utilizing this modality. “What?!”

http://www.youtube.com/watch?v=L03UVvOPI4s&sns=em

### Concepts

**Muscle:** stretch before applying the tape

**Principles depend on the goal of taping.**

1. Support
2. Rehabilitative
   - Pain
   - Inflammation

### Benefits of Kinesio taping

**Assist in supporting muscles and to prevent muscle over-contraction.**

The stretch applied to the muscle, creates space under the skin and creates the desired effect on the muscles.

Manipulation of the muscles affects change in deeper layers of fascia.

### Benefits of Kinesio taping

**Subcutaneous blood flow increases improving sensation.**

Decreases inflammation and pressure on receptors.

See references

### Tape Qualities

Qualities that allow the tape to be worn 24 hours a day comfortably.

1. Allows smooth muscle range of motion because the tape has similar elasticity as the skin and muscle.
2. 100% cotton which allow it to breathe with your skin.
3. The thin design is light and comfortable
4. Mild adhesive with air circulating waves that is heat activated, allows tape to stay on during exercise and showering (not drooling).

### Demonstration

**Stretch of the tape:** 4 pieces of tape

- Tape with paper backing.
- Tape peeled away and placed back down on backing is approximately 10% less.
- Tape placed at maximum stretch
- Tape is applied with approximately 15-20% of the stretch. (This is used with Origin to Insertion slight stretch.)
Principles for taping:

Know your goal.

Supportive or Rehabilitative

Support taping for weak muscles. (Facilitating)

Rehab taping for over used or contracted muscles. (Relaxing)

Differences:

Support / Facilitate

- Apply tape to muscle from Origin → insertion
- Stimulates underused, weak muscles
- Tape pulls toward the Origin contracting the muscle

Rehab / Relax

- Apply tape to muscle from Insertion → origin
- Relax tight, contracted, or overused muscles
- Tape pulls toward the insertion relaxing the muscle promoting shortening of the muscle

KinesioTape

Is there a significance to the colors?

- The physical product is basically the same between the colored tapes. Beige is the most popular color for edema taping. Pink, black and blue are the most popular colors for sports and physiotherapy taping. The different colors in Kinesio Pre-cut packets are designed so you can easily identify where each tape strip should be applied.

KinesioTape

- The stretch runs lengthwise of the tape
- How to measure tape needed:
  - Measure the tape before cutting on the face of the person it will be applied on then subtract the amount needed for the stretch.

Tape Applications

See references
Placement 1

**Action Desired**
Increase labial protrusion, rounding, and closure.

**Muscles**
Orbicularis oris and recruitment of surrounding muscles

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Placement 2

**Action Desired**
Increase labial protrusion, rounding, and closure.

**Muscles**
Orbicularis oris and recruitment of surrounding muscles

---

Placement 3

**Action Desired**
Increase labial protrusion, rounding, and closure. Increase sensory awareness, decreased oral leakage, improved labial function

**Muscles**
Orbicularis oris and recruitment of surrounding muscles

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Placement Description
Cut 2-3 inch narrow strip to outline upper lip above the vermillion border.
Tear tape backing in the middle.
Anchor tape at center while lips are extended
Apply with paper off tension.
Press from center to lip corners-one at a time

Placement Description
Cut 2-3 inch narrow strip to outline lower lip below the vermillion border.
Tear tape backing in the middle.
Anchor tape at center while lips are extended
Apply with paper off tension.
Press from center to lip corners-one at a time

Placement Description
At lip corners, tape should touch or slightly overlap to support entire orbicularis oris and perhaps engage the buccinators.
**Placement 4**

**Action Desired**
- Decrease drooling (Research article: See References)
- Applied in morning and removed every night for 4 weeks. Positive results for drooling management.

**Muscles**
- Support and proprioception of the mylohyoid and digastric belly of the suprahyoids.

**Placement Description**
- On sub mandibular triangle below the mandible. Inside jaw line on tongue base.
- Cut strip 1-1 1/2 inch long, then cut in

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**Questions?**

Thank you
Muscle Review

From:

http://ts3.mm.bing.net/th?id=HN.608031330412400608&w=201&h=171&c=7&rs=1&pe=1&mo=10_30&pid=1.7
Kinesiotape Cutting Configurations

“X” cut  “Y” cut  “I” cut

What do the different colors mean?

The physical product is basically the same between the colored tapes. Beige is the most popular color for edema taping. Pink, black and blue are the most popular colors for sports and physiotherapy taping. The different colors in Kinesio Pre-cut packets are designed so you can easily identify where each tape strip should be applied.

The stretch runs lengthwise of the tape

How to measure tape needed:

Measure the tape before cutting on the face of the person it will be applied on then subtract the amount needed for the stretch.
<table>
<thead>
<tr>
<th>Placement</th>
<th>Action Desired</th>
<th>Muscles</th>
<th>Placement Description</th>
<th>Placement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Increase labial protrusion rounding, and closure.</td>
<td>Engage obicularis oris</td>
<td>Cut 2-3 inch narrow strip to outline upper lip. Tear tape backing in the middle. Anchor tape at center while lips are extended &amp; apply with paper off tension. Press from center to lip corners one at a time.</td>
<td></td>
</tr>
<tr>
<td>1b</td>
<td>Increase labial protrusion rounding, and closure.</td>
<td>Engage obicularis oris</td>
<td>Cut 2-3 inch narrow strip to outline lower lip. Tear tape backing in the middle. Anchor tape at center while lips are extended &amp; apply with paper off tension. Press from center to lip corners one at a time.</td>
<td></td>
</tr>
<tr>
<td>1c</td>
<td>Increase labial protrusion rounding, closure. Possible recruiting of the buccinators.</td>
<td>Engage obicularis oris and possible recruitment of the buccinators.</td>
<td>At lip corners, tape should touch or slightly overlap to support entire obicularis oris and perhaps engage the buccinators.</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Decrease drooling</td>
<td>Support and proprioception of the mylohyoid and digastic belly of suprahyoids</td>
<td>On sub mandibular triangle. Inside jaw line on tongue base. Cut strip 1-1 ½ inch long, then cut in half so stretch is horizontal. Anchor in middle on sub mandibular triangle. Paper off tension to both sides.</td>
<td></td>
</tr>
</tbody>
</table>
References

Print prior to Meeting:

www.aipro.info/drive/File/TAPING_IN_PEDIATRICS._di_K._Kase.pdf


References


Kase, Advance Healing, Winter 2007, page 22


http://kinesioproducts.com/index.php for products


www.pediastaff.com/blog/a-look-at-kinesio%C2%AE-taping-3595 A Look at Kinesio® Taping | PediaStaff Pediatric SLP, OT and PT Blog


Brands of Kinesiotape

http://www.kinesiotaping.com/  $15 a roll
http://www.kttape.com/  $13 a roll
http://www.rocktape.com/  $18 a roll
http://www.spidertech.com/  $15 a roll
http://www.performtex.com/  $8 a roll  $11.23 for pediatric gentle - Monkey

You tube: There are many videos on Kinesiotaping.