Benefits of Using Rocktape™

**Houston Chiropractor Comments:** Since I started using Rocktape in my office, the most common question I get is “What is that?” Rocktape is a kinesiology (the study of movement) tape that is stretchy as opposed to rigid. It is used to help reduce swelling, decrease pain and allow full range of motion of a joint. It is different than the old rigid tape that our high school trainers used to tape our ankles and wrists. The second question that I get is “How does it work?” It works on the body by improving lymph and blood flow to the taped area, it allows the sliding and gliding between tissue layers and it alters the perception of pain while improving body awareness.

Kinesiology taping began in the late 1970’s by a Japanese chiropractor named Dr. Kenzo Kase. Most people first became aware of the tape by Lance Armstrong when he was winning his 7 Tour de France’s. Other people became aware of it in the 2008 Olympics when volleyball player Kerri Walsh was shown using it on television. It is currently used by athletes, weekend warriors and active people.

I became a believer in the taping when I tore my calf muscle 2 years ago. With the correct IASTM muscle work and the Rocktape, I was able to get back running without prolonged issues. In my office we use Rocktape on acute neck and back injuries as well as knee, ankle, shoulder, elbow, and wrist injuries.

Rocktape can be used for several days at a time without the need to reapply the tape. You can shower and even swim without worrying about the tape coming off. An additional benefit is that you can purchase a roll of tape and apply it yourself with proper instruction.

Dr. Ward Beecher practices at Beecher Chiropractic Clinic at 1001 Pineloch, Ste 700 Houston, TX 77062. You can schedule an appointment at [www.BeecherChiropractic.com](http://www.BeecherChiropractic.com) or by calling (281) 286-1300. If you have any questions regarding this blog, please comment below!