

WHY YOU SHOULD

# Try Taping

See Kinesiology Tape Everywhere, but Why?



1

## Pain Relief.

No medication needed!  
Elasticity in tape causes tissue decompression. Allows for better flow of blood and sensory nerves just under the skin.

## Stimulates the Brain to Fix the body.

Tape on the skin sends a message to the brain to fix the faulty movement patterns. Increase range of motion and improve posture.

2



3

## Swelling and Edema Control.

Support the lymphatic system to get excess fluid out of extremities. Great for post-surgical swelling, Swollen knees or Ankles and bruising.

## Why Rocktape?

Designed to stick better and last longer than other tapes. Encourages improved movement and performance. Respected among top athletes.

4



5

## Techniques vary for needs!

Don't guess on application!

Go a professional!  
Book Today at

[www.betterwellnespt.com](http://www.betterwellnespt.com)



**BETTER WELLNESS PT**  
FEEL BETTER. BE BETTER.