

Kinesiology Taping:

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For a lot of moms, the excitement and joys of pregnancy also come with discomfort and aches, especially as their due date approaches. Using kinesiology tape can be a great option for those looking for a safe, natural, and provider-approved way to make pregnancy a little more comfortable and get the support where they need it.

What is Kinesiology Tape?

Kinesiology tape is a common elastic tape they originally created to treat sports injuries. It is made with breathable cotton and latex-free adhesive; so it sticks to your skin without causing irritation. Kinesiology tape is waterproof and can be worn for many days.

How Does Kinesiology Tape Help?

Kinesiology tape acts like a second-skin that gently lifts the spot of application. It provides support and stability to your muscles and joints, which quickens healing processes and alleviates muscle fatigue. Applying kinesiology tape also increases blood flow. Increased blood flow can reduce inflammation and swelling.

In pregnancy, taping your baby belly helps distribute the weight of your baby more evenly. This relieves pressure from sensitive areas like your bladder and diaphragm. The extra support and stability reduces muscle ache. Increased blood flow helps with sciatica, breathing difficulties, and general discomfort.

Applying Kinesiology Tape.

Proper application is essential when using kinesiology tape. There are many methods of applying kinesiology tape to your baby belly. Taping your baby belly with kinesiology tape is an easy, safe and natural way to alleviate pregnancy discomforts. Set up an appointment to try kinesiology taping for yourself.