

APRIL IS OT MONTH

ERGO SOLUTIONS NEWSLETTER



KINESIO TAPING

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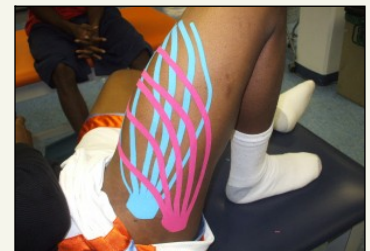
Many of us have seen intricate "tattoos" on today's athletes. However, if you look closely some of these designs are actually removable tape (Kinesio Tape®). This tape allows athletes to not only participate in their respective sports after injury, but is also now used to prevent injury.

The Kinesio Taping® technique was developed by Dr. Kenzo Kase in Japan more than 25 years ago. In the 1970's, Dr. Kase began his search for a sports taping method which could assist in the heal-

ing of traumatized tissue and muscles. He found that standard taping techniques of the time, such as athletic taping and strapping, provided adequate muscle and joint support. However, they also reduced range of motion, did not support the fascia and, in some cases, inhibited the actual healing process of traumatized tissue. A new treatment approach was needed.

In 1973, Dr Kase's started developing therapeutic tape and taping technique which could support joints and muscles, without restricting range of motion. He also hoped to formulate a taping technique which could have benefits for the lymphatic system. Following two years of research into muscle taping, tape elasticity, adhesiveness and breathability, Dr Kase developed the Kinesio Taping method, which first saw worldwide exposure during the 1988 Seoul Olympics. Since then, Kinesio has become a popular form of muscle taping used by many Health Professionals across the world.

The therapeutic principles of Kinesio taping method are relatively simple. When an injury occurs, the layers of fascia between the muscle and skin are compressed due to trauma, inflammation, swelling and decreased lymphatic flow. By lifting the skin (creating convolutions between the dermis and epidermis) in conjunction with locomotion (movement) kinesio tape is able to promote circulation/lymphatic drainage and decompress pain receptors, and in turn mechanically improve the body's natural healing process.



IN THIS ISSUE:

- KINESIOTAPING
- APRIL IS OT MONTH
- Accelerated Care Plus ACP
"Changing Lives one Pulse at a Time"



Accelerated Care Plus (ACP)

CHANGING LIVES ONE PULSE AT A TIME

"Revolutionizing Rehab"





Ergo Solutions is an innovative, full-service company that specializes in rehabilitative management and consultative services. We are

dedicated to providing the highest quality of therapy to every patient we serve, and at every level of care. Our first goal is to perform a professional and thorough evaluation of the patients injury or disability. We then work as a team to ensure the development of an accurate and beneficial plan of treatment.

As the largest rehabilitation outsourcing group in Washington, D.C., we expand the potential of rehab everywhere we go. Ergo Solutions is owned and operated by therapists with a diverse knowledge of the rehabilitation field. We are committed to providing high quality services with strict adherence to regulatory requirements.

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ERGO WOULD LIKE TO CELEBRATE ITS OCCUPATIONAL THERAPISTS FOR THEIR DEDICATION TOWARDS BUILDING SKILLS AND CHANGING LIVES

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ACCELERATED CARE PLUS: CHANGING LIVES, ONE PULSE AT A TIME

Accelerated Care Plus (ACP) offers various modalities such as diathermy, ultrasound, e-stim. Machines and more to accelerate the recovery of residents and increase the potential and likelihood of a safer return to previous level of function. The programs are bringing about results as patients and resi-

dents return to their prior level of function with the guidance of our Ergo staff of licensed professionals.

ACP is the nation's leading provider of "modality-based" clinical programs for post-acute and chronic rehabilitation. With health care costs rising ACP relies on the helping hands of rehab professionals to

increase rehab potential and prognosis.

ACP's integrated clinical programs include proven medical technology, evidence-based treatment protocols, advanced therapist training and support.

Ergo Therapists are experiencing rapid and amazing results from the Pattern Electrical Neuromuscular

Stim Programs offered by ACP technology. ACP helps Ergo therapist provide more aggressive treatment interventions for targeted quality indicators such as wounds and contractures. Ergo Therapist rave that once-paralyzed limbs moving and patients walking, dressing, eating, smiling and returning home.