

# KINESIOLOGY TAPE

Kinesiology tape is used widely to assist in treating injuries and improve performance. It works with engaging the horse's limbs, muscles and nervous system and awakening the proprioceptors.

This can be used on both horse and rider. Never have your hands too up right again!



There are 3 main types of taping:

- Regional Taping
- Postural Taping
- Edema taping



Benefits from Kinesiology Tape:

- Pressure Relief
- Pain Relief
- Circulation Improvement
- Support for Joint Mobility
- Support of Muscle Activity
- Improvement of Proprioception

You can apply it one hour before exercise.

It can remain on for 3-4 days depending whether the horse is moulting.

Breton can show you how to apply and you can purchase the tape from us.



HOW  
TO  
BOOK

CALL US AT  
0467 899 984



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