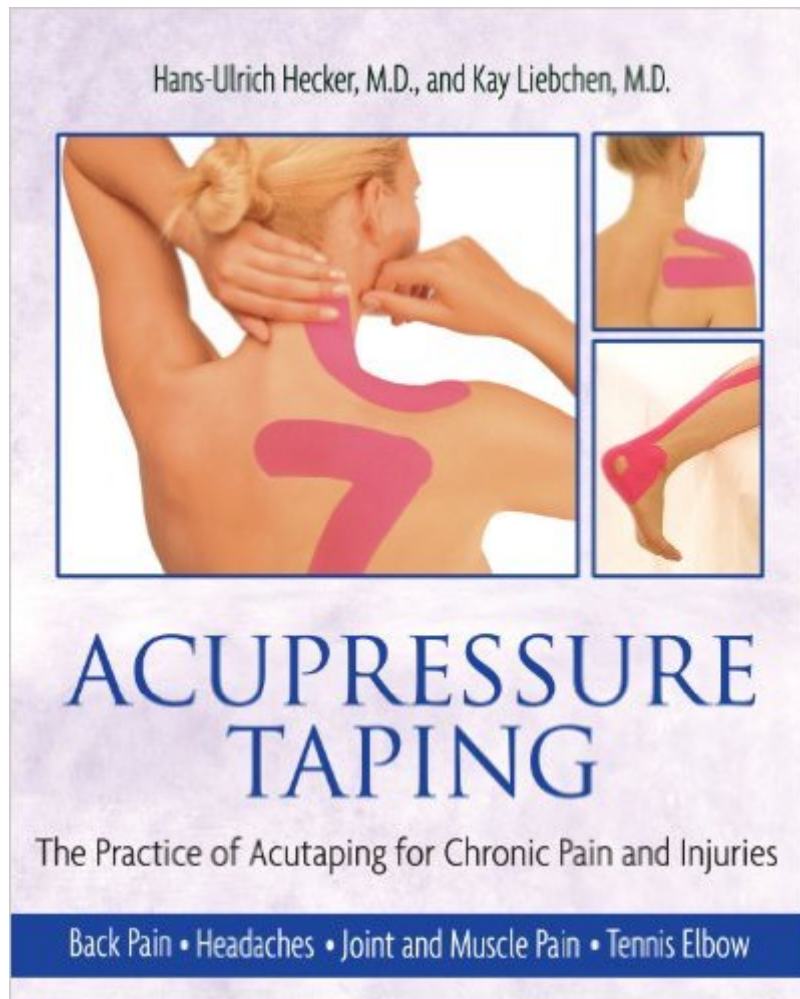


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# Acupressure Taping: The Practice Of Acutaping For Chronic Pain And Injuries



## Synopsis

Combines acupressure and massage to treat pain using elastic tape • Shows how the use of an elastic, adhesive tape works with the body's own motions to combine the actions of acupressure and massage • Presents both therapeutic and preventative techniques for acute and chronic pain • Contains step-by-step instructions illustrated in full color detailing how to self-treat pain in all parts of the body

Sufferers of chronic pain well know the frustration of treatments involving endless rounds of drugs or expensive physical therapy--that may or may not offer relief. In *Acupressure Taping*, authors Hecker and Liebchen present a comprehensive guide to a new method of pain treatment--acutaping--which offers a much simpler and more effective alternative. In acutaping, elastic tape is placed over the afflicted area in accordance with related acupuncture points. During the course of normal movement throughout the day, the elastic tape provides a gentle but consistent massage to the inflamed area. Because the skin adheres to the tape, it is shifted against the subtissue during motion, causing lymph tissue to drain and connective tissue to be massaged. The authors show that most bodily dysfunctions can be self-treated through this innovative method. Combining elements of Chinese medicine with osteopathy, acutaping produces a method of treatment for ailments ranging from back pain and tennis elbow to menstrual pain and migraines. Acutaping is an easy and effective treatment--without side effects--that offers welcome relief to sufferers of chronic pain.

## Book Information

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## Customer Reviews

Written by 2 doctors who obviously know a thing or two about TCM, Acupressure Taping is a very well-designed and illustrated book showing a non-invasive technique to relieve pain by stretching a length of adhesive tape over the affected area. From the start, the authors distinguish between kinesio-taping from acutaping. It puzzles me that many of the reviewers here have failed to tell the difference. As the name suggests, acutaping involves the placement of the tape along acupuncture meridians. Thus, the authors stress that acutaping involves knowledge of acupuncture and traditional Chinese medicine (TCM). The brief introduction to the basics of TCM is probably more confusing than enlightening. Since the purpose of the book is not go into mind-boggling concepts of Yin & Yang, Five Elements, Internal/External Organs and Six Evils, it would have been better to go straight into acupuncture meridians and show their pathways clearly on the human body. The authors go on to list the indications, contraindications and caveat. Then, they bring us on a sightseeing tour around the human body. As in acupuncture, bony and muscular landmarks must be recognised. After that, the book goes straight into technique with some very good illustrations on different parts of the body of a female model. As an acupuncturist myself, I'm eager to use this non-invasive technique, but clinical experience shows that it has limited efficacy for any degree of pain/discomfort that won't go away with aspirin. I would only use it prophylactically or as a follow up to acupuncture sessions. Nevertheless, for those who are not trained or qualified to insert needles, it may serve a useful adjunct to professional management. Just don't expect it to work for anything more than mild discomfort.

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