

# The use of Kinesio Tape in oncological patients at the European Institute of Oncology.

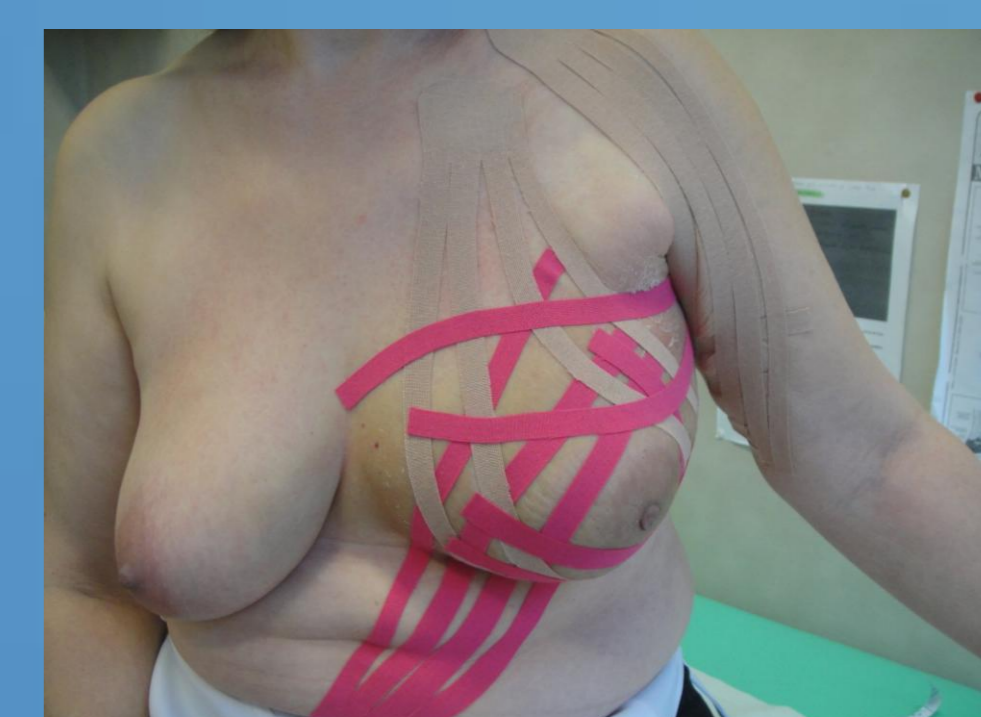
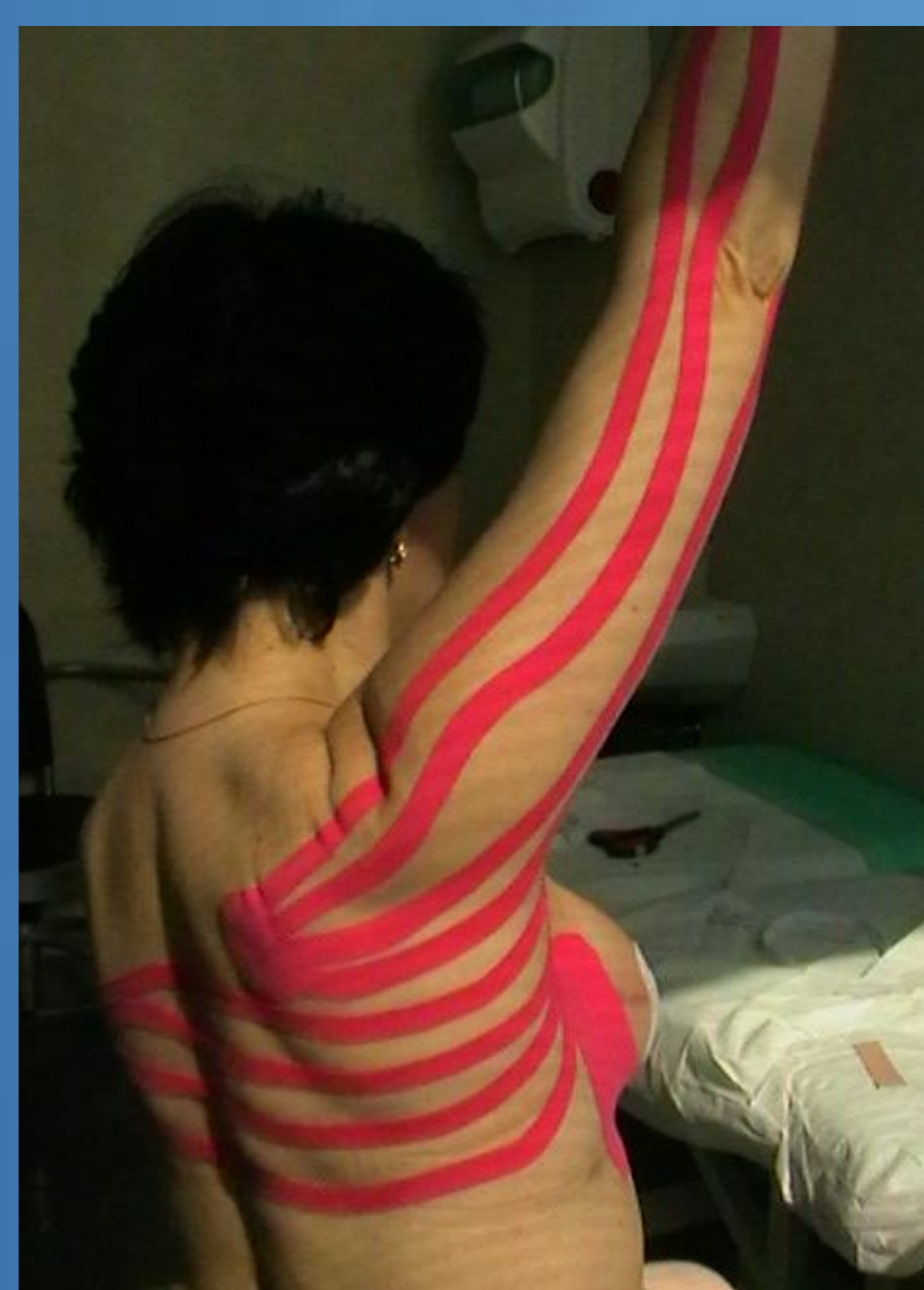
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Kinesio tape, which at one time was much used in the sporting arena, could become a very useful weapon in oncology rehabilitation. At the European institute of Oncology, the use of kinesio tape has become an important therapeutic tool for oncology patients

## Areas of the use of kinesio tape in the IEO:

### Post surgical edema, hematoma and lymphedema

- Useful and well tolerated in patients with post surgical hematoma and swelling
- Alternative option in cases where is no indication or no compliance for the gold standard treatment (manual lymphatic drainage + elastic compression bandage)
- Treatment option in patients with lymphedema of the face after cervical lymphadenectomy in head and neck tumors



### Post surgical scars

- Useful to smooth and help change the aesthetic appearance of some post surgical scars
- Enhance the mobility of scar tissue
- Enhance skin mobility and reduce fibrotic areas after radiotherapy



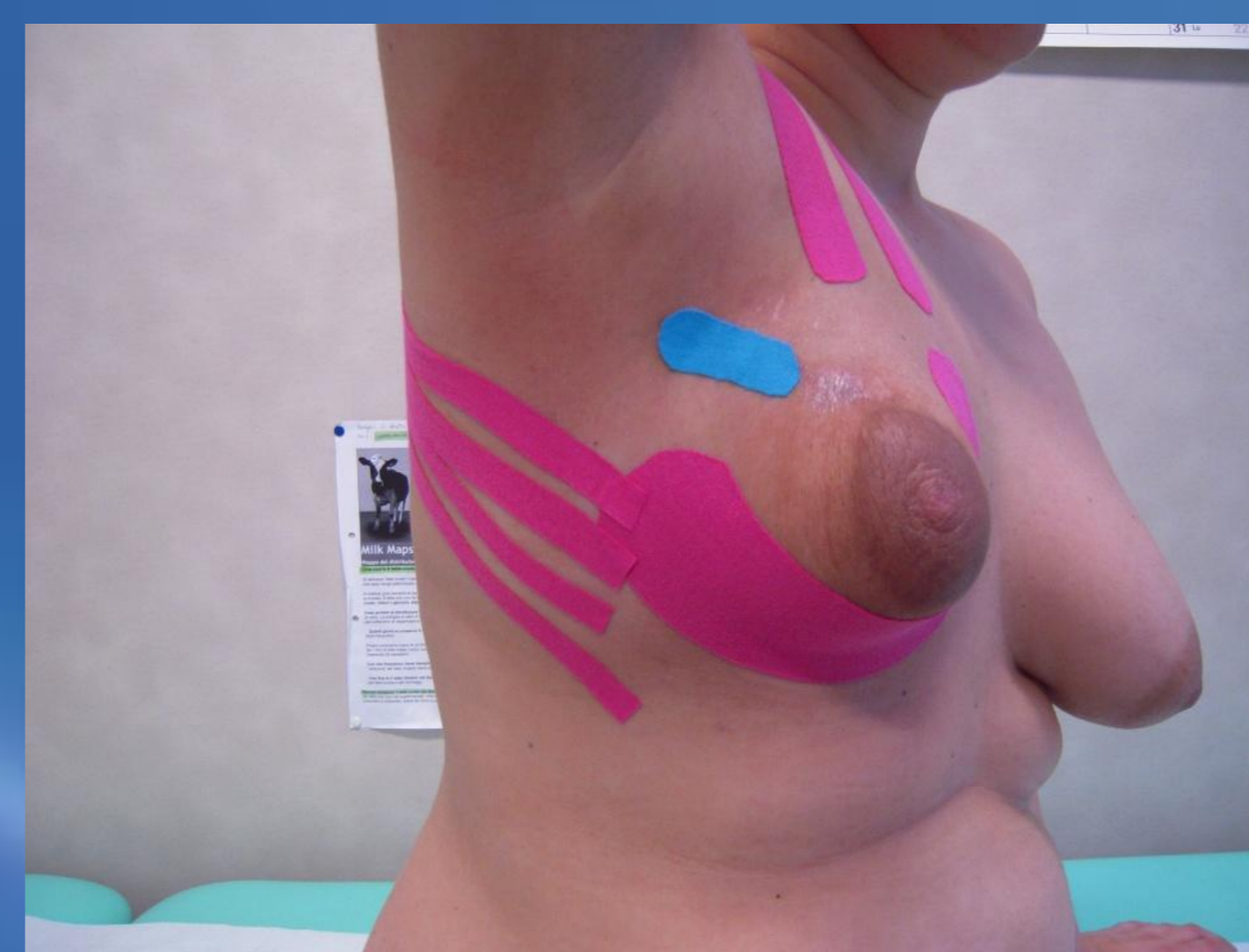
### Pain relive in patients with breast implant contractions

- Relieve tension and pain in patients with capsular contractions
- Useful treatment in patients with baker 3-4 contractions who are awaiting implant substitution



### Muscle disorders in post surgical patients

- Useful in patients with pectoral contracture and shortening after breast cancer surgery
- Patients with painful points and/or areas near and far from the surgical location
- With patients in neuropraxia after surgery



### Axillary web syndrome

- Prevents swelling after manual therapy
- Helps to soften resistant fibrotic cords

## Bibliography:

Kenzo K; Wallis J.; Tsuyoshi K. Clinical Therapeutic Applications of the Kinesio Taping® Method 2nd edition, 2003.  
Stockheim K. R. Kinesio Taping® for Lymphoedema and Chronic Swelling, 2004.