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Functional Facial Taping®
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Taping has been used clinically in musculoskeletal medicine for many years. Functional Fascial Taping® is a specialised method of taping which has been developed over the past 12 years to be used for a large number of musculoskeletal conditions. Some effects of tape have been highlighted by scientific investigation. Research into tape has shown effects on motor synchronisation (K MacGregor, 05) proprioception (M Callaghan, 02) biomechanics (B Vicenzino, 04) load (McConnell 99) and pain (R Hinman. 03). An effect of tape on connective tissue has not been previously described in the literature. However, real time ultrasound investigation observation demonstrates displacement of the transverse abdominis by taping the thoracolumbar fascia. The method of tape application in FFT has an innovative objective assessment procedure and a unique taping application to provide passive load at rest, and frequent alterations in load with movement or soft tissue mobilisation with activity. This taping technique is modified for the individual athlete and condition. Two case studies are presented to demonstrate the principals and effectiveness of this taping method.

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