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Power Taping manual - Version 3.2. Theories and Practical Applications of Fascial Movement Taping. This comprehensive kinesiology taping manual makes using RockTape very easy. It is a step by step instruction manual with 226 pages and over 100 photos.

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The long-anticipated 3rd edition of RockTape’s PowerTaping Manual has finally been released, and it was definitely worth the wait. Subtitled, “Theories and Practical Applications of Fascial Movement Taping,” the manual again extends the boundaries of kinesiology taping for both rehabilitation and performance enhancement.

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Power Taping Manual - Edition 3 (English) - Rocktape ...

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ROCKTAPE Announces Availability of PowerTaping Manual

Power Taping is utilising the benefits of kinesiology taping to tape the muscles associated with a particular activity, linking the muscles of the appropriate kinetic chain, ie. lower back, hamstring and calf muscles that make up the posterior chain. The Rocktape Equine manual has 107 pages and over 200 images to assist readers get the most ...

RockTape Equine Manual

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