



Este libro nace del convencimiento de los autores sobre los beneficios que puede proporcionar la aplicación de una técnica de vendaje, el Neuromuscular, y de la idea de transmitir y compartir estos posibles buenos resultados. Y es que esta "nueva" técnica de vendaje, nacida en los '70 y que actualmente está en plena fase de "desarrollo", por parte de los autores y docentes, puede por su propia sencillez, frustrar las expectativas si no se lleva a cabo un estricto protocolo de colocación, desde el inicio hasta el final.

La complicidad entre los autores intenta transmitir a lo largo del libro el conocimiento y experiencia profesional acumulada por ambos a lo largo de los años -más de 25 entre los dos- para aplicar soluciones prácticas a problemas reales que han ido encontrando a lo largo de su trayectoria, valiéndose en este caso de las posibilidades que ofrece la utilización del Vendaje Neuromuscular.

**Txema Aguirre**, con más de 25 Grandes Vueltas entre Tour de Francia, Giro de Italia y Vuelta a España, aporta la visión práctica del deporte profesional en el que un problema concreto precisa una solución lo más resolutive, rápida y eficaz posible.

**María Achalandabaso** conjuga el rigor y la base científica de la fisioterapia con novedosos conceptos que llegan de la Kinesología, la Cromoterapia... para la utilización de la técnica del Vendaje Neuromuscular.



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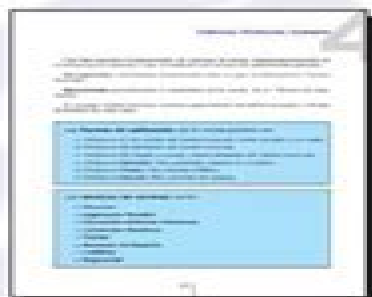
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El libro "Kinesiology Tape Manual. Aplicaciones Prácticas" trata de acercar de la forma más sencilla posible la técnica del Vendaje Neuromuscular o Kinesiology Tape a todos aquellos profesionales que han comenzado a utilizar o están interesados en una profundización del conocimiento de este nuevo método.

Con ese objetivo los autores han intentado describir en primer lugar de qué se trata esto tan de moda del Vendaje Neuromuscular, de dónde viene, para qué puede servir y, señalados estos puntos básicos, describir los distintos tipos de técnicas disponibles.

Existen como mínimo 8 maneras de manejar la venda, lo que va a determinar variaciones en cuanto a sus efectos y resultados.

La idea al confeccionar este Manual, es intentar orientar y aclarar posibles dudas sobre la colocación de la venda, la posición del paciente de partida y durante el desarrollo del vendaje -algo verdaderamente fundamental para la consecución de buenos resultados-, e intentar dar una orientación básica



# KINESIOLOGY TAPE MANUAL

## Aplicaciones prácticas



**Txema Aguirre**

**María Achalandabaso**

Gracias a una mayor comprensión y conocimiento del conocimiento, los autores han querido acercar los aspectos prácticos de esta técnica de vendaje y para ello se ha dividido en 84 Aplicaciones Prácticas que presentan de una forma clara y sencilla una serie de técnicas.

El lenguaje de todos los apartados es sencillo y claro, con una demostración con la descripción de las técnicas generales y de las técnicas específicas que se presentan. Los autores, con experiencia y conocimiento, han dividido en 84 Aplicaciones Prácticas que presentan de una forma clara y sencilla una serie de técnicas.

A lo largo de los 182 páginas del libro, los autores han pretendido que todo profesional conozca los aspectos prácticos y de aplicación de una técnica de vendaje, en primer lugar, para poder aplicar la técnica de vendaje, para poder aplicar la técnica de vendaje y poder aplicar la técnica de vendaje.



# Kinesiology Tape Manual

**Sabine Zange**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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