

Jam B, Varamini A. *A Clinical Manual on Therapeutic Taping for Peripheral and Spinal Syndromes. Part 1*. Thornhill, ON: Advanced Physical Therapy Education Institute, 2004. Spiral-bound, 85 pp., ISBN 0-9735374-0-X, companion DVD.

The stated audience for this text consists of clinicians working in the field of musculoskeletal rehabilitation, specifically those in outpatient orthopaedic settings dealing with acute, sub-acute, or persistent musculoskeletal pain syndromes. The stated goal is to share with such clinicians taping techniques that the authors have found to be of clinical value.

The contents of this text are divided into five distinct sections. The first section discusses general information on patient selection, patient education, tape application, indications for therapeutic taping, hypotheses on the therapeutic effects of taping, and tips on maximizing adhesion of tape to the skin. Section 2 describes 6 taping techniques for the cervical and thoracic spine. Section 3 describes 10 taping techniques for the lumbopelvic region. Section 4 addresses 10 techniques for the upper extremities and section 5 provides 14 techniques for the lower extremities. The text contains 146 black-and-white illustrations and photographs. Although at times a higher pixel density might have been used for the photographs, the illustrations and pictures with arrows indicating taping order and direction in combination with the step-wise, clear, yet concise descriptions allow for easy replication of the presented techniques. This is further facilitated by the high-quality, easily accessible video presentations of all techniques on the 45-minute companion DVD.

This text and its companion DVD do not intend to present a comprehensive discussion of taping techniques nor do they intend to present anything but anecdotal observations on the techniques presented. The authors acknowledge McConnell, Mulligan, Vicenzino, and Sahrman as their most important influences. Most taping techniques described here use the hypoallergenic white and extremely adhesive brown tapes initially associated with Jenny McConnell. The authors have provided clear multimedia-format illustrations and descriptions, which should allow for replication of these potentially clinically relevant techniques by any reader, making this a relevant text for any clinician providing care to an orthopaedic and—to some extent—also a neurologic patient population.

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