

Franklin Jr./Sr High School Reading Article

Ask Well: Does Kinesiology Tape Really Work?

Reading Strategy for the Article: Students will take turns reading aloud. Mark the text and write in the margins as you read. L1130 (video: www.youtube.com/watch?v=Lx9et8mHaP0)

Instructions: COMPLETE ALL QUESTIONS AND WRITE NOTES in the margin box. This requires reading of the article **more than once**.

Step 1: Skim the article using these symbols as you read:

(+) agree, (-) disagree, (*) important, (!) surprising, (?) wondering

Step 2: Number the paragraphs. **Read** the article **carefully** and **make notes in the margin**.

Notes should include:

- Comments that show that you **understand** the article. A summary or statement of the main idea of important sections may serve this purpose.
- Questions you have that show what you are **wondering** about as you read
- Notes that differentiate between **fact** and **opinion**.
- Observations about how the **writer's strategies** (organization, word choice, perspective, support) and choices affect the article.

Step 3: A final quick read noting anything you may have missed during the first two reads.

Your margin notes will be assessed by your teacher along with your answers to the questions.

Ask Well: Does Kinesiology Tape Really Work?

Q

Does kinesiology tape really work? Does it alleviate pain and injury while you exercise? And if so how does it work?

A

Most of us first noticed colored kinesiology tape during the Summer Olympics, when beach volleyball players and other athletes sported black, pink or blue strips of it on their shoulders and legs. Made of a thin, light and stretchy fabric, it supposedly improves athletic performance and reduces the risk of injury better than traditional white athletic tape by amplifying proprioception, which is your sense of where your limbs are positioned. Enthusiasts also believe that kinesiology tape speeds healing by slightly lifting skin away from sore or injured tissues, improving blood flow and lymphatic drainage, and that it supports injured joints and muscles without impeding their range of motion.

But these purported benefits are largely unsubstantiated. "There is no solid, independent scientific evidence that kinesio tape does what it is supposed to do," said Jim Thornton, the president of the National Athletic Trainers' Association and the head trainer at Clarion

Notes on my thoughts, reactions and questions as I read.

Franklin Jr./Sr High School Reading Article

University in Pennsylvania. “It is possible that it has health benefits” like improving muscle flexibility and reducing pain, he added, “but we just don’t know yet.”

A recent comprehensive review of relevant studies confirms that view, concluding that today’s science does not show that kinesiology tape is preferable in any way to plain athletic tape for the management or prevention of sports injuries.

On the other hand, kinesiology tape may have a robust placebo effect. In an interesting experiment published in February, blindfolded volunteers were told that they had kinesiology tape on their legs during weight training exercises when, in some sessions, the tape was merely a sticky fabric. The blindfolded volunteers performed the same during the exercises, whether or not they were wearing real tape, suggesting, according to the study’s authors, that when benefits do occur with the use of the tape, they should “be attributed to the placebo effect.”

“We call that taping your head,” Mr. Thornton said.

Still, in one respect, vibrantly hued kinesiology tape easily surpasses its white counterpart. “It’s prettier,” he said.

Do you have a health question? Submit your question to Ask Well.



Kerri Walsh used kinesiology tape at the 2008 Olympics in Beijing, China. Doug Mills/The New York Times

Notes on my thoughts, reactions and questions as I read.

Franklin Jr./Sr High School Reading Article

Comprehension Questions— you may answer in phrases.

1. Explain what is meant by the use of a placebo?
2. In what one method is kinesiology tape proven to surpass traditional old tape, according to the author?
3. Define **sported** as used in the article.
4. In what two **ways** is kinesiology tape supposedly better than traditional old tape?
5. Define **proprioception** as used in the text.

Answer the following questions in one or more complete sentences.

1. Explain how kinesiology tape supposedly promotes healing.
2. Explain the phrase “taping your head.”
3. Explain the organizational method used in this article. In what online format would a reader most likely find this type of article?
4. Watch the Video. What does the speaker identify as questionable and positive about the use of the tape? <https://www.youtube.com/watch?v=Lx9et8mHaP0>