

# Contents

<b>1 Mechanism of Action and Types of Applications of NeuroMuscular Taping</b>	<b>1</b>	Lymphatic NeuroMuscular Taping or LymphoTaping .....	49
Skin Thickness and Elasticity .....	8	Circulatory System .....	49
Major Elasticity Lines of the Skin .....	11	Lymphatic System .....	50
Tape Application .....	18	Lymphangion Motor Activity .....	59
Preparing the Tape .....	20	Lymphedema: Classification .....	62
Cutting the tape .....	20	Congenital-hereditary lymphedema (primary) .....	62
Depth of action and tape size.....	20	Secondary lymphedema .....	62
Separating the tape from its backing paper .....	24	Treatment with Lymphatic NeuroMuscular Taping .....	64
General Principles for Application ....	25	Decongestive and mobilizing exercises .....	64
Preparation of the body area to be treated .....	25	Congenital-hereditary lymphedema (primary) .....	66
Patient's age .....	25	Secondary lymphedema .....	68
Duration and number of applications .....	25	Post-surgical edema .....	69
Tape application .....	26	Mixed congestions .....	71
Tape removal .....	26		
Contraindications .....	26		
Therapeutic principles .....	27		
Basic Concepts		<b>3 Head and Neck</b>	<b>73</b>
of the Decompressive Technique.....	28	Anatomical References and Landmarks .....	74
Drainage Technique - Muscles .....	31	Superior Drainage of the Eye .....	78
Drainage Technique - Ligaments and Tendons .....	32	Lateral Drainage of the Eye .....	81
Decompressive Application - Achilles Tendon .....	33	Inferior Drainage of the Eye .....	84
Drainage Technique - Joints .....	34	Medial Drainage of the Eye and Nose .....	86
Application - Shoulder Joint .....	37	Drainage of the Nose .....	89
Application - Elbow Joint .....	38	Lateral Drainage of the Face .....	91
Application - Knee Joint .....	39	Drainage of the Lips .....	94
Lymphatic Application .....	40	Anterior Drainage of the Neck .....	97
<b>2 Lymphatic and Vascular System</b>	<b>47</b>	Lateral Drainage of the Neck .....	104
Anatomical Basis.....	47	Posterior Drainage of the Neck .....	112
Regions of the Body .....	48	Clinical Cases .....	117
<b>4 Trunk</b>	<b>119</b>		
Anatomical References and Landmarks .....	120		

Superior Drainage of the Breast .....	125	Inguinal Drainage .....	218
Inferior Drainage of the Breast .....	127	Lateral Drainage of the Iliac Crest .....	223
Lateral Drainage of the Breast .....	129	Anterior Drainage of the Thigh .....	229
Anterior Drainage of the Thorax .....	132	Complete Drainage of the Thigh .....	231
Lateral Drainage of the Thorax .....	134	Drainage of the Deep Layers of the Thigh .....	237
Drainage of the Abdomen .....	137	Drainage and Fan	
Drainage of the Abdomen - Superior Part .....	140	on the Adductor Muscles .....	239
Drainage of the Abdomen - Inferior Part.....	143	Anterior Drainage of the Knee - Double Fan .....	244
Drainage of the Back .....	146	Anterior Drainage of the Knee - Single Fan .....	249
Lateral Drainage of the Back .....	149	Medial Drainage of the Knee .....	251
Lumbar Drainage .....	151	Drainage of the Popliteal Fossa .....	253
Clinical Cases .....	155	Posterior Drainage of the Leg .....	258
<b>5 Shoulder, Shoulder Girdle and Upper Limb</b>	<b>157</b>	Anterior Drainage on the Tibialis.....	263
Anatomical References and Landmarks .....	158	Medial Drainage on the Tibialis .....	265
Drainage of the Shoulder .....	162	Anterior Drainage to the Ankle Joint	267
Drainage of the Shoulder and Trapezius (Descending Part) ....	167	Lateral Drainage to the Ankle Joint ..	269
Anterior Drainage of the Arm .....	169	Medial Drainage to the Ankle Joint ..	272
Posterior Drainage of the Arm .....	174	Posterior Drainage to the Ankle Joint .....	275
Anterior Drainage of the Elbow .....	176	Double Fan to the Ankle Joint .....	277
Posterior Drainage of the Elbow .....	180	Drainage of the Dorsum of the Foot and Toes .....	281
Anterior Drainage of the Forearm .....	184	Drainage of the Sole of the Foot .....	283
Posterior Drainage of the Forearm (Variant).....	187	Drainage of the Toes .....	285
Drainage of the Wrist - Dorsal Side ...	189	Dorsal Drainage of the Great Toe .....	288
Drainage of the Wrist - Palmar Side ..	191	Plantar Drainage of the Great Toe .....	291
Drainage of the Wrist - Radial Side ....	193	Clinical Cases .....	293
Drainage of the Wrist - Ulnar Side ....	195	<b>7 Applications on Scars</b>	<b>297</b>
Drainage of the Wrist and Dorsum of the Hand .....	197	Skin .....	297
Drainage of the Wrist and Palm of the Hand .....	200	Etiology of Cutaneous Lesions .....	298
Drainage of the Fingers .....	203	Phases of the Healing Process of Wounds.....	299
Drainage of the Thumb .....	206	Pathology of Wounds .....	301
Complete Drainage of the Upper Limb .....	208	Hypoplastic scar .....	302
Clinical Cases .....	210	Hyperplastic scar .....	302
<b>6 Lower Limb</b>	<b>213</b>	Metaplastic scar .....	302
Anatomical References and Landmarks .....	214	Secondary pathology .....	302
		Ulcers .....	303
		Basic Concepts of the Tape Application .....	303
		Treatment of scars.....	306

Mandible Scar - Inferior Part .....	308	Causes of hematomas .....	368
Anterior Neck Scar .....	310	Characteristics of a hematoma .....	368
Lateral Neck Scar .....	312	Size and shape of hematomas .....	368
Posterior Neck Scar .....	316	<b>NeuroMuscular Taping:</b>	
Lateral Scar after Breast Surgery .....	318	a Novel Therapeutic Tool .....	369
Inferior Scar after Breast Surgery .....	320	Basic concepts	
Sternotomy Scar .....	321	of the tape application .....	371
Vertebral Scar .....	323	<b>Treatment of Hematomas</b>	
Dorsal Scar .....	325	with NeuroMuscular Taping .....	372
Lumbar Scar .....	329	Contusion hematoma .....	372
Scar of the Abdomen - Superior Part .	332	Post-surgical hematoma .....	373
Lateral Scar of the Abdomen .....	335	Mixed congestions .....	375
Longitudinal Scar of the Abdomen ....	336	Clinical Cases .....	376
Longitudinal and Transverse Scars			
of the Abdomen .....	339		
Caesarean Scar .....	341	<b>9 Combined Applications</b>	
Abdominoplasty Scar .....	343	<b>with Lymphatic Bandage</b>	381
Scar at the Elbow - Anterior Part.....	345	Bandage on the Arm .....	383
Inguinal Scar .....	348	Bandage on the Forearm .....	388
Scar on the Hip.....	349	Inguinal Bandage .....	391
Hip Replacement Surgery Scar .....	351	Bandage on the Leg .....	395
Scar at the Knee - Anterior Part .....	353	Clinical Cases.....	401
Clinical Cases .....	355		
<b>8 Hematomas and Principles</b>		<b>10 Evaluation of Some Clinical Cases</b>	403
<b>of Decongestion</b>	365	Clinical Case 1 .....	404
Descongestive		Clinical Case 2 .....	405
NeuroMuscular Taping .....	366	Clinical Case 3 .....	406
Contusions and Hematomas .....	366	Clinical Case 4 .....	407
Types of contusion .....	366	Frequently Asked Questions	409
Emergency first aid .....	367	Recommended Reading	413

In the text, before each tape application, the extension of the part to be treated is indicated with the symbol  and the position of the patient with the symbol 