



# Guide to Balance Taping Therapy



Possibility of skin irritation has been minimized through the use of hypoallergenic medical adhesive. This product is approved by the KFDA, FDA, and CE; and has been successful in being the first domestically-manufactured product of its kind. Beware of similar products.



Officially designated product of  
**Korean Balance Taping Medical Association**

**The BB tape series is currently being widely used in western & oriental medical clinics and other fields of medicine.**

Extract from Dr. AEO's Balance Taping Therapy  
(Green Care Publishing Group)

## 1. What is Balance Taping Therapy?

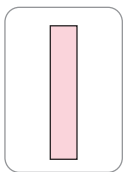
It is a natural medicine that controls the electromagnetic currents on the skin by attaching a special-purpose tape with no chemical treatments. The basic idea is that using the taping can treat the muscles which are just below skin and even the internal organs.

Balance Taping can reduce the overuse of antibiotics and have produce the advantage of a lasting and fast effect with no discomfort whatsoever.

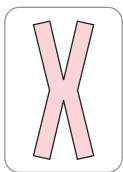
Taping produces good effects when the applier has the correct knowledge; but it is easy to handle so even beginners can master it in a relatively short period of time through self-study with the Clinical Applications Book.

## 2. Types of BB tape

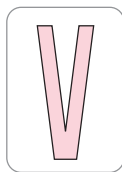
- **BB TAPE(elastic tape)** : Made with a specially designed cloth in which threads and rubber strings are twisted. This product should be kept with an elasticity of about 170% and strength of stability of more than 95% (a product used most commonly in 'Balance Taping Therapy')
- standard : width 2.5cm, 3.75cm, 5cm, 7.5cm X 5m (5cm is the basic standard)
- How to cut the tape : Pre-cut the BB TAPE according to the body regions it will be applied to. The width and length of the tape used in treatment depends on the size of the patient's muscles. One or two attempts can be helpful to get accustomed to the cutting.



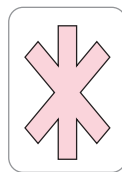
I type



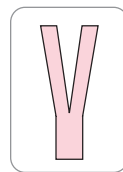
X type



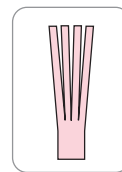
V type



Star type



Y type



Finger type

- **BB Cross tape** : Non-elastic cloth tape with 3 and 4 lines crossed like a lattice. Controls muscles and meridians together.
- **BB Acu tape** : A tape which uses the spectrums of color and the human body. In this book, it is not explained in detail. At present, a book titled '8 Constitutional Taping Therapies' has been published for lectures for specialists (for research institutes).

## 3. Difference from General Adhesive Plasma Tape

For effective stimulation of the fusimotor reflex, tapes used for balance taping should have the 'proper' properties of elasticity, thickness, and adhesiveness. Also, the allergic factor should be removed in such tapes and the tape should not be separated from the skin even in hot water.



## -Introduction of practical treatment of muscular skeletal diseases-

### 1. Sprain of the outside of an Ankle



- ① Apply the tape to the third or fourth toe from the sprained region.



- ② Wrap around both parts-inner part and outer part



- ③ Apply the tape from the Achilles tendon in a ribbon-shape meeting at the soles of the feet (Ribbon taping).

### 2. Sprain of the inside of an Ankle



- ① Centering on the tender points below the malleolus at the inner part of the ankles, apply tape horizontally.



- ② Wrap around both parts-inner part and outer part



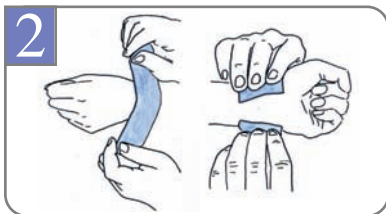
- ③ Apply the tape from the Achilles tendon in a ribbon-shape meeting at the soles of the feet (Ribbon taping).

### 3. Sprain(distortion) of Wrists, Arthritis

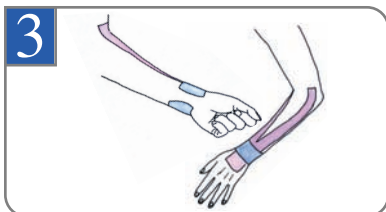
From the following 3 methods, select the one that fits oneself most ideally.



**Method 1 :** Apply the tape to Musculus Extensor of the wrist as shown in the photograph.



**Method 2 :** Ring taping of the wrist



**Method 3 :** Taping of the extensor muscle of the wrist(Y form taping) + Method 2

### 4. Golfer's elbow



① From the fingernail-sized bone protruding at the inside of the elbow, in the direction to the 5th finger, attach the tape including the slight part of the palm. (Ring tape can be added on an elbow.)



**Method ①** Beginning from the right-side above the inside of the medial epicondyle, tape in the direction of 45 degrees below.



② Beginning from the wrist, tape one part to the medial epicondyle, the other part to the inside.

## -Introduction of practical treatment of muscular skeletal diseases-

### 5. Sprain(distortion) of Finger, Arthritis

In the case of a sprained finger, try to twist the end of the finger (at the fingernail) in both directions. For example, if the finger when twisted to the thumb direction is less painful than when twisted to the pinky, apply taping as shown in the figure. That is, winding in the less painful direction (to the thumb), wrap the finger with tape. The width of a tape should be 5mm.

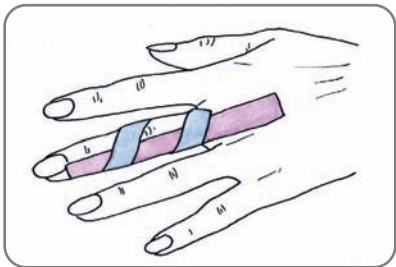
① ② ③ Apply the tape to the painful region in a straight line. Winding to the thumb, wrap the finger with tape according to examination result.



Picture 1



Picture 2



Picture 3

Tape straightly on a sore spot and according to the result of examination, tape with spinning round toward the thumb.

## 6. Taping finger joints



- ① The part on which the taping is to be performed should always be stretched while taping. Attach the tape from the back of the thumb, to the fingernail-sized bone protruding at the outside of the elbow.



- ② Musculus extensor of fingers



- ③ Hamstring of finger

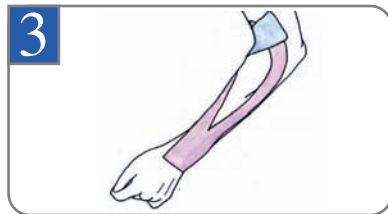
## 7. Tennis elbow



- ① Beginning from the right-side above the upper arm, tape in the direction of 45 degrees below.



- ② Apply the tape from the back of the 3rd finger, to the fingernail-sized bone protruding at the outside of the elbow.



- ③ Other method : ①method + Beginning at the wrist, tape one part to the lateral epicondyle and the other part to the inside.(Y taping)

-Introduction of practical treatment of muscular skeletal diseases-

**8. Knee**



① Execute Taping in a 'Y' form from the low part of the knee along the side part of the patella.



② Apply the tape from the front of the pelvis to the knee.



③ Add taping method as shown in the photo in serious cases.

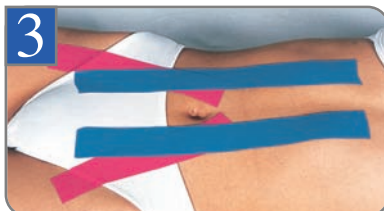
**9. Waist**



① Apply the tape in a 'X' shape on the 2-3 ramus transversus of the hip in the longest length possible.



② Taping on the major psoas muscle : apply one line of tape from the center of the groin towards the navel. Start on the front part of the thigh. Apply taping on the major psoas muscle, especially, when the pain is felt in the groin.



③ Taping on the rectus abdominis muscle: Pass the tape over both sides of the navel and to the side of the epigastrium.

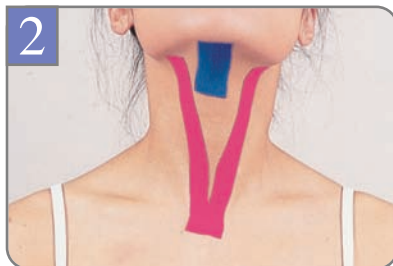


## 10. In case of pain when bending the neck forward

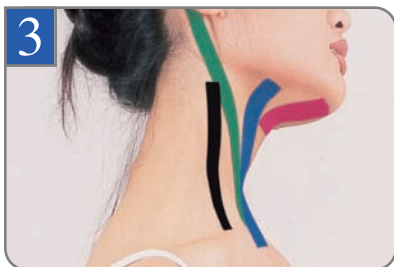
For taping use, divide the tape into strips 5cm in width by 2/5 or 1/3



① Conduct taping on the center point below the chin.



② Y taping. Conduct taping downward from the tonsil (along the concave part at the side of the bronchus cartilage.)



③ If the above taping method has no effect or no improvement is experienced the next day, try conduct taping on the sternocleidomastoid, too. (left, right)



\* Caution : For prolapsed disk diseases, consult a doctor. Do not treat yourself unprofessionally. Taping the front part of the neck or the sternocleidomastoid may bring on allergic reactions frequently, and for some sensitive people, serious dizziness may occur. In that case, the symptoms will immediately disappear upon detachment of the tape. There is no danger in using the tape.

-Introduction of practical treatment of muscular skeletal diseases-

11. In case of pain when bending the neck backward



① Apply tape along the back of the neck to the side of the convex bone of the neck that protrudes while bending the neck forward.



② Starting with the convex bone behind the ears (mastoid process), the pain will disappear. Apply tape to most of the back part of the neck side (left, right).



③ Apply the tape on the highest part of a shoulder.



\* Notice : When pain goes down to the shoulders and arms while bending the neck backward, the nerve root coming out of the spine may be pressed in many cases. In such cases, refer to medical specialists before any other measures are taken.

## 12. Shoulder joint

Stiffness of the shoulder or arm of a patient who has to do extensive writing with the hand or use typewriters, or when there is pain on the upper arm (brachium) due to an excessive use of the arm.

### Method 2

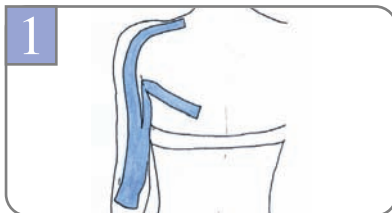


① The scapula is the part that is shaped like a reverse-triangle of the shoulder. The spine of the scapula is the convex bone protruding at the scapula. Apply tape, centering on the scapula, to the spine (taping on the medio trapezius muscle)



③ Apply Y taping at once on the teres major muscle and the teres minor muscle.

### Method 1



Attaching Y-shaped tape in one line:  
After measuring the length from the wrist to the shoulder, shape the end of the tape in a `Y' and apply it as follows.



② Apply tape starting from the center of the spine of the scapula, passing through the tender points below the 2nd ramus transversus or 4th-5th ramus transversus. (Y taping: taping on Infraspinatus)



④ Apply tape along the stiff point or on the back of the arm to the wrist.

-Introduction of practical treatment of muscular skeletal diseases-

**13. Fifties' shoulder**

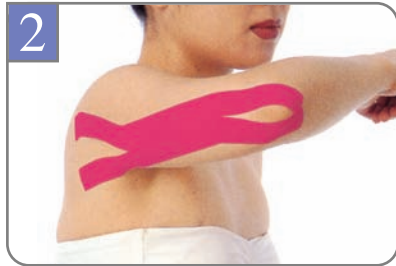
It is also called a 'frozen shoulder'. Generally, most of the patients who suffer from this disease are in their 40s or 50s, so it is called the 'Fifties shoulder'. This condition restricts exercise when it exacerbates and severe pain occurs while sleeping.

When there are problems with some of the important tendons that are wrapped around the shoulder and if they are not treated appropriately, it results in an attachment of the capsular in the joints, or the peripheral soft tissue becomes rigid and a chronic disease develops. In some severe cases, it may endure for six months to two and a half years.

It is a very painful disease, but in its early stage, the taping method would be very effective.



① Taping on the Deltoids muscle



② Y-shaped taping on triceps brachii muscle and elbow.

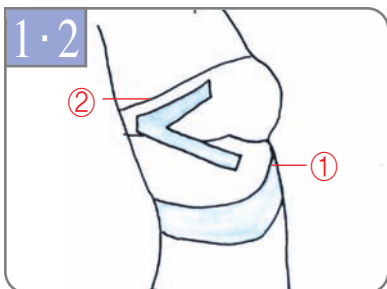


③ Y-shaped taping from the shoulder to the spine.

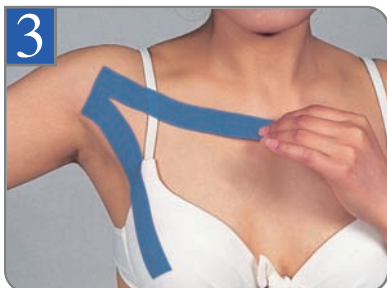


## 14. In case of twinges of pain in the sides

When you have twinges of pain, or a pulling or tearing sensation in the chest while coughing,



- ① Apply tape along the ribs.
- ② Apply tape on the serratus anterior muscle.



Supplementary Method 1 : Apply additional tape if there are twinges of pain in the right side. If there is no effect, then apply it additionally on the pectorals major muscle.

## 15. Thoracic pain

When you have pain all the time between the shoulders or when you are not in good condition, it is called thoracic pain. With thoracic pain, motion and posture change does not affect the level of pain.



- ① Taping the anterior diaphragm. For women, apply tape from the center of the chest in such a way that will support the breast a little.



- ② Apply tape to the painful part. (starlike shape or `X' shape)

-Introduction of practical treatment of muscular skeletal diseases-

### 16. Taping the hip.

Taping therapy can be applied for degenerative arthritis or avascular necrosis as a supplementary treatment method in case the doctor's treatment has failed.

In most taping of the hip, the differences between the legs and the distortion of the pelvis should be corrected first ahead of the taping therapy. A doctor should be consulted first. The preferential taping methods, lightly applied for hip diseases, are as follows.

#### Method 1



If there is a tender point when you press, apply the tape centered on this point. If there is no tender point, apply tape starting at the right-side above or at the back of the convex part (greater trochanter) using star-shaped taping.



#### Method 2



## 17. Hallux valgus

In hallux valgus, the big toe is inclined toward the second toe, and its base is widened. Due to an incorrect balance of weight load, a distortion of the foot results as well as disorders in the back and knees. Patients should wear comfortable shoes that are wide and flat.



① Apply tape starting from the big toe to the heel as shown in the image



② Apply tape on the toe in a ring shape lest the end be separated.



③ Additionally, apply tape around the projection of the bottom of the big toe.



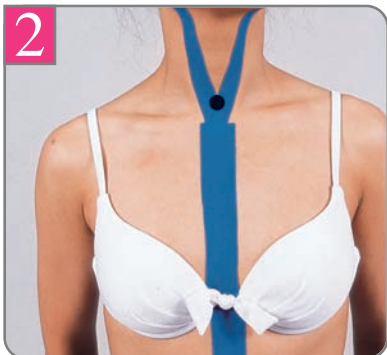
- Introduction to practical treatment of internal diseases -

### 18. Taping method for cough

It is very effective for coughs that occur from cold and bronchitis, however, it is not easy to cure when the symptoms are advanced.



① Apply tape along the concaved part between the inside of the sternocleidomastoid and bronchial cartilage(Tibialis anterior muscles). Apply tape so that both ends will meet on the Chondol meridian point (The black point in the figure below.)



② Apply tape from the Chondol meridian point along the center of the chest to the end of the solar plexus.

### 19. Digestive trouble resulting



① Apply tape on the posterior diaphragm, a 2.5 cm in width, along the connection line of both elbows.



② Apply cross taping in a cross to the middle point of the navel and the solar plexus.



## 20. Rhinitis, empyema, and allergic rhinitis

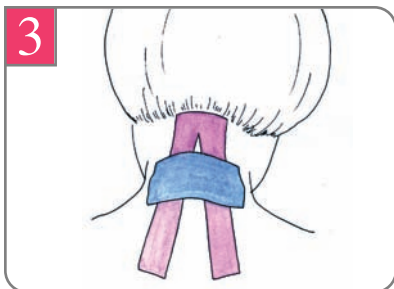
There are many blood vessels that are closely related to the autonomic nerves. In rhinitis, if the blood vessels are over congested and secretions of mucus increase, nasal obstructions and sniffles occur. If the condition worsens, it may result in inflammation in the maxillary sinus, where there is air, located below the cheekbones. Usually this condition is caused by chronic rhinitis, and this symptom interferes with effective treatment, and result in a repetition of a vicious cycle. Apply the tape as follows.



① Apply tape up to the center of the forehead passing through the brow where the bones of the nose meet.



② Apply tape along the sunken area below the cheekbone. Apply tape on the forehead.



③ Additionally you may apply tape to the posterior cervical muscles.



- Introduction to practical treatment of internal diseases -

## 21. Gastrokateixia and gastritis of an adult

Symptoms: Those who feel uncomfortable, fatigue, are weary, and those who always suffer indigestion after overeating, have a pale complexion and become thin because of insufficient nutrition absorption. Except in very severe cases, usually 3 or 4 days after taping, the symptoms described above are relieved. If the patient can sleep deeply, the skin becomes bright, and the appetite increases, the treatment is regarded as successful. Some symptoms requires 1~2 months of the treatment.



① Apply tape in a cross in the middle of the navel and the pit of the stomach.



② Pass the sunken area of the side from the center of the pit of the stomach.



③ Posterior diaphragm taping. Apply tape straight on the line connecting both elbows. Width : 5cm



## 22. Menstrual pain



① Taping in a cross on the lower stomach



② Taping on between the hip and back



③ Taping on the meridian points of the liver.



④ Apply taping on the inner-part of the leg.



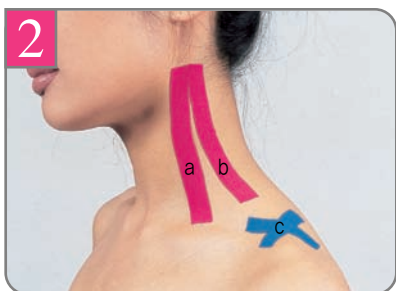
- Introduction to practical treatment of internal diseases -

### 23. Muscular dizziness, tinnitus, insomnia

Taping can be used only when there are no disorders in the blood, blood pressure or ears, etc., which will be verified through an examination in the hospital. When one alters his/her posture or moves the neck, the muscles in the neck such as the sternocleidomastoid, scalenus muscle, etc., contract, resulting in an autonomic disorder. In this case, dizziness, insomnia and tinnitus may occur. Taping is needed at such time.



- ① Basic taping. Sternocleidomastoid muscle taping is fundamental. Apply tape while bending the neck to the side. The sternocleidomastoid muscle is the muscle that can be seen running vertically from the back of the ears to the front side of the neck when the neck is turned.



- ② Auxiliary taping. The scalene muscle is the thin muscle on the collarbone (the clavicle) between the sternocleidomastoid muscle and the shoulder. Scalene muscle taping (a) and trapezius taping (b). Apply tape where pain is felt when touched (c).

## 24. Cold, cough

It is effective if applied for general cold and coughs.

### - Basic method -



① Taiyuan. The indented area in the styloid process on wrinkles inside both wrists



② Tiantu. The indented area on the sternalgia. The lowest bottom center of the neck

### - Auxiliary method -



① a: ianjing. The middle of both shoulder bones (acromion) and the most projected neck bone when the neck is lowered.  
b: Fengchi. If moving horizontally inward from the prominent bones (the mastoid) of the back of both ears, the indented areas appear. That is, the areas between the mastoid and posterior cervical muscles.



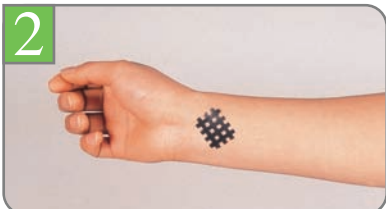
② If pain is felt in the throat when swallowing, the tape can be used. Apply it to the area outside the tonsil.

- Cross Taping -

**25. Nausea (Sickness)**



- ① On the prominent bones (the mastoid) of the back of both ears



- ② Neiguan. The sunken area in the upper part of 2 finger width from wrinkles inside the wrist



- ③ Zhongzhu. The most sunken area between the 4th and 5th metacarpophalangeal joint

**26. Period pains (Menstrual pain)**



- ① Both Weizhong. The center of the popliteal area in the back of the knee. The center of wrinkles



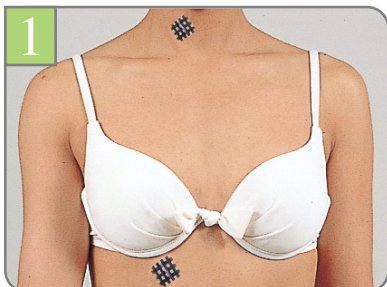
- ② Both Sanyinjiao. Oppressive pain point in the upper part which is 3-4 fingers width in the most prominent area (Naegwacheom, Tip of the inner ankle bone) on the inside of the anklebone. Just behind the shinbone



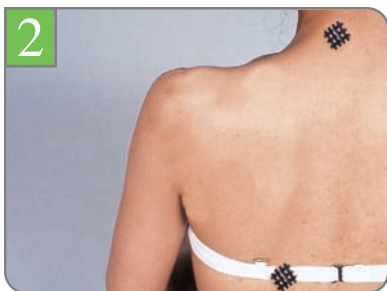
- ③ Oppressive pain point between the navel and the pubic bone

### 27. In case of pain when turning the neck

Method to use in case when there is pain in the neck when turning it regardless of any diseases

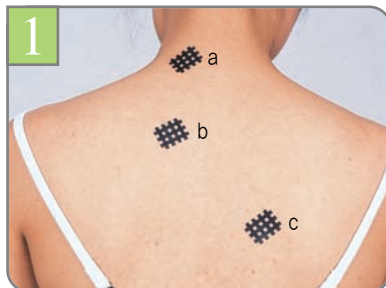


- ① Thick muscles (the sternocleidomastoid muscle) are touched aslant and vertically at the side of the prominent thyroid on the front of the neck. Apply tape to the area (tibialis anterior muscle) between the prominent thyroid and the right sternocleidomastoid muscle. Attach tape with the 4-strip directing to the right ear.

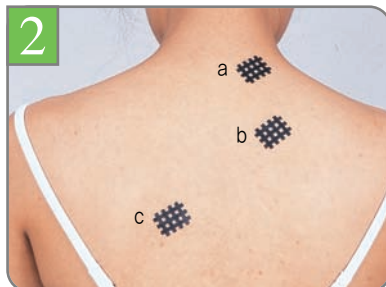


- ② On the area wrinkled when bending the neck backward, apply tape to the oppressive pain point on the left side which is 1-2 fingers width from the spinal bone. Attach tape with the 4-strip directed to the right ear.

### 28. When there is pain in the bend of the neck



- ① a: when the oppressive pain of the side of the cervical vertebra No. 7 is on the left  
b: Apply tape to the 3-4 thoracic vertebrae level of the left  
c: Apply tape to the 5-6 thoracic vertebrae level of the right

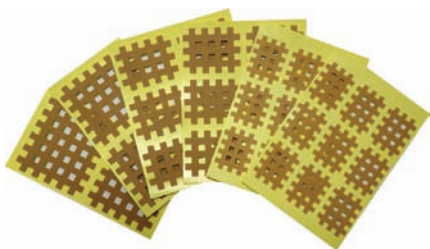


- ② a: when the oppressive pain of the side of the cervical vertebra No. 7 is on the right  
b: Apply tape to the 3-4 thoracic vertebrae level of the right  
c: Apply tape to the 5-6 thoracic vertebrae level of the left

- Cross Taping -

**29. The early stage of the Fifties' shoulder**

- ① If there is some pain on the right shoulder, apply tape on the back of the right hand. The center of the tape is attached on the painful part where the 3rd and 4th fingers meet in a V shape. If there is some pain on the left shoulder, apply tape on the back of the left hand.
  
- ② Apply tape on the painful shoulders. In case of pain, while turning the neck, apply tape on the painful part in the same way. If the pain does not decrease, try it on the opposite part. (A point of symmetry). Taping to all the painful parts in this way will be very effective. This is the method for controlling the degree of tension of the muscles and on the painful part through the gamma reflex, or on the other part through the spine reflex theory called 'mutual relaxation effect.





### 30. Golf/Tennis elbow

Golf elbow or tennis elbow belongs to a family of diseases for which the treatment is very difficult. Accordingly, it can be cured only by applying the tape in its early stage and resting the arm sufficiently.

As for a tennis elbow or a frozen shoulder which do not heal even after a long period of treatment, they are likely to be caused by problems in the muscle of the neck. In such case, consult a doctor.



- Cross Taping -

**31. How to perform Cross taping around other parts of the neck**



- ① Apply tape in the area where the hairline from the posterior Cervical Muscle of the back neck ends.



- ② Apply tape on the middle spot between the Mastoid Process and Posterior Cervical muscle. Apply tape on the outside of Amygdala.

**32. How to perform Cross taping around other parts of the shoulders.**

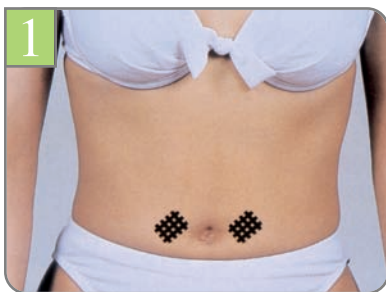


- ① Apply tape on both of the lowest sides of the Musculus Sternocleidomastoideus.

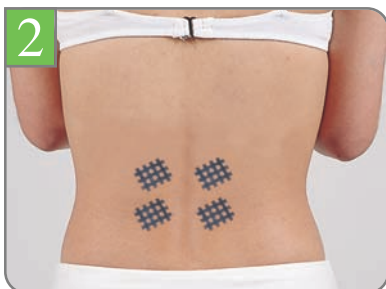


- ② Apply tape on the large Sternum.

### 33. Waist



① Apply tape on the sides of the bellybutton.



② Apply tape on both sides of the spine on the belt line.

### 34. Knees



① Apply tape around the patella.



② Apply tape around the patella.

In addition, you can generally and easily use the Cross Tape mostly on tender points. You can use the A, B, or C type optionally depending on the size or parts of a tender acupoint or use the A type, the smallest size for more precise taping. Now, the number of cases where the Cross Tape and BB elastic Tape are combined in usage to add to their effectiveness is on the rise.

- Cross Taping -

**35. Shank**



① Apply tape on the Shank.

**36. Calf**



① Apply tape counterclockwise.

**37. Ankle**



① Apply tape around the ankle.

**38. Instep**



① Apply tape on the center of the instep.

\* Tender Point: In a broad sense, it means all the parts of the body where one can feel pain when pressing on them with a finger, etc. A trigger point and a reflex point are also tender points. Muscular diseases and internal diseases can cause tenderness in all areas of the skin and muscles.



## BB TAPE series

**BB-E TAPE** Exclusively for Balance(Kinesio) Taping method



Item	Substrate/color	Size
BB-E025	cotton+spandex/ beige, pink, blue,	2.5cm x 5m
BB-E038	green, black	3.8cm x 5m
BB-E050	white, yellow,	5.0cm x 5m
BB-E075	orange, dark blue, purple, gray	7.5cm x 5m

**BB-CROSS TAPE** Exclusively for Cross Taping method



Item	Substrate/color	Size
A-type	acetate/ beige	3 x 4, 3mm
B-type		3 x 4, 4mm
C-type		5 x 6, 4mm

**BB-C TAPE** Trainer, Athletic tape



Item	Substrate/color	Size
BB-C025	cotton/ white	2.5cm x 13.7m
BB-C038		3.8cm x 13.7m
BB-C050		5.0cm x 13.7m

**BB-COEX BANDAGE** Latex Free Cotton/Nonwoven Cohesive Flexible Bandage



Item	Substrate/color	Size
CC-LF025	cotton+spandex/ beige, white, red, blue, green, yellow	2.5cm x 4.5m
CC-LF050		5.0cm x 4.5m
CC-LF075		7.5cm x 4.5m
CC-LF100		10.0cm x 4.5m
CC-LF150		15.0cm x 4.5m

- Institute-hosted principal lectures and clinical announcement on balance taping -

■ Domestic activities



Lecture for medical personnel of Seoul National University Hospital



Invitational lectures for various medical institutes



Invitational lectures for the Pharmacists Association



Lectures for formal course



National Industrial-Academic Seminar



Training for personnel in various corporations



Clinical announcement on balance taping therapy



Many others

■ Overseas activities



Invitational lectures for American oriental doctors



US



China



etc



This Balance Taping method was cited from "Dr. Ae0 Kang's Balance Taping Therapy" published by the Green Care Publishing Co. and Dr. Ae0 Kang. For more detailed theory and learning methods for practice, refer to the following books.

These are the reference books most commonly read by people interested in balance taping from beginners to domestic and foreign taping experts (Author: Dr. Ae0 Kang), and their publication in foreign languages is currently being prepared.



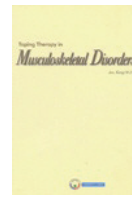
■ Dr. Ae0's Balance Taping Therapy (1)



■ Dr. Ae0's Balance Taping Therapy (2)



■ Taping Therapy for all sorts of muscles



■ Taping Therapy for Musculoskeletal Disorder



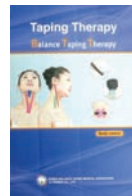
■ Sports Balance Taping



■ Cross Taping Therapy



■ Eight Constitution Taping Therapy



■ Taping Therapy Balance Taping Therapy

Enquiry for training course of Balance Taping  
[help@bbtaping.com](mailto:help@bbtaping.com)



- Exclusively for Balance (Kinesio) Taping method :  
 BB-E TAPE -



- Exclusively for Cross Taping method :  
 BB-CROSS TAPE -



## Guide to **Balance Taping Therapy**

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