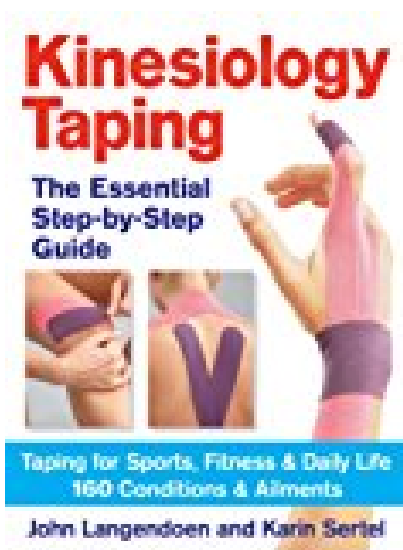


Kinesiology Taping The Essential Step-By-Step Guide Taping for Sports Fitness and Daily Life - 160 Conditions and Ailments



BOOK DETAILS

- Author : John Langendoen
- Pages : 256 Pages
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BOOK SYNOPSIS

Offers information on taping and how it can be used to relieve many conditions, including muscle tension, bruising, sore muscles, strains, and sprains.

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