

K-Active *Life!*

Therapy, Possibilities, Use, Function, News

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Dear customers, friends and colleagues,

Life is constant change and so it is with K-Active. With the new products K-Active Tape Sport and K-Active Tape Elite we want to offer more therapeutic options for the medical staff in order to meet the needs of patients and athletes much better. Despite the high quality of our products, the manufacturer Nitto Denko has been able to reduce the price of the K-Active Tape Sport accordingly, and thus short-term applications such as during exercises can be inexpensively implemented.

In addition to the new products, we have also optimized respectively expanded our education system to meet the current demands of the market. So the central courses, the basic and the advanced course, were structured new in order to respond to the medical staff's requests. Further the K-Active special courses are constantly developed and a new course in the field of neurology has been completed. K-Active is pleased to be able to continue to support its partners, customers, athletes and patients optimally with knowledge and products.

Sincerely yours,



Siegfried Breitenbach

Managing Director K-Active Europe / K-Active Systems GmbH



Osteopathy and K-Active Therapy - do they fit together?

When I did my first course under the guidance of Siegfried Breitenbach in the field of Kinesiology Taping, the holistic approach of this therapy immediately struck me. The special feature of the K-Active Therapy is the manual testing of the tape application and that the examination is easy to learn. For this reason, it is more than just taping.



In my surgery, where I work with osteopathy for the most time, I didn't just integrate the K-Active Therapy into my examination process; it also completes the osteopathic treatment. Whether in the field of bony structures, muscles, fascia, or even in relation to the internal organs, it is possible to achieve a beneficial effect on the various structures via taping. Manual testing, the following tape application and the possibility to verifiable the tape application and thus the treatment with a new test (the so-called re-test), is a special feature of this method. Since the



patient is assessed from head to foot in three dimensions during the examination, a tape application in the complaint area is possible, but there is also the possibility to find a remote influence in the findings.



Remote influences are findings that have an impact on the current complaints, even though they are away from it. These are often the matter of old injuries, surgery, scar or also connective tissue zones; just to give a small idea of what may affect us. As a dedicated user of this therapy I got my place in the

international team of instructors and I'm happy to be actively involved in the development. And the nice thing about medicine is: you never stop learning.

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OSTEOPATHY

is a holistic manual therapy with the aim to activate the self-healing powers of the body. It is divided into three areas, which have to be considered as a unit.

Parietal osteopathy = musculoskeletal with bones, muscles, connective tissue (fascia)

Visceral osteopathy = internal organs and their suspension of connective tissue

Craniosacral osteopathy = inherent rhythms of the organism

Osteopathy sees the human as a whole in mind, body and soul.



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Interview with handball player Uwe Gensheimer

Mr. Gensheimer, you are a flagship in the region and now playing with the Rhein-Neckar Löwen for twelve years. What do you like most about the region and the club?

“I was born in Mannheim and I can play in my hometown at a top club of the Handball Bundesliga. This combination is certainly extraordinary. In addition, the Rhine Neckar region has an incredibly high standard of living.”



You are one of the best left outside of the Handball Bundesliga and also a member of the national team. You are handball player of the years 2011 to 2014. What are the objectives, if one has already achieved as much as you?

“Handball is a team sport. Because of this, titles with the club are a little more important for me than a single award. Here, we only won the EHF Cup 2013 with the Löwen and thus, there is still potential. A national title is really a desire that I would like to fulfill.”

Let's go on the medical history. A rupture of the left Achilles tendon in the past is the only thing

that one could read about you regarding injuries. How do you manage to keep almost injury-free despite the high loads in handball?

“As a competitive athlete you know your body and you also pay attention on an accurate care. Of course, this includes the extensive regeneration.”

Last season was quite hard and filled with many intense games. What do you do to stay always fresh for new tasks?

“During the season, we have a match almost every third day; our schedule is tough. You don't have time to deal with past matches, as directly new tasks are pending. But the short break we have left in summer I use for a leisurely holiday to recharge the batteries again.”

The medical department at the Löwen is filled very good and competent. What would you miss most, if there would be no longer such a professional support by the physio department?

“The good care through our physiotherapists is certainly one reason for the few injuries in our club. No question, our medical department has an incredibly important role for our sporting success.”

In which points do you still see potential for optimization in the new season (for you and for the club)?

“Just like the club, I am dreaming of a national title. For this, we had a lack of constancy in the last season and shy of luck in the year before.”

A look into the past: Was there once a point where you wanted to turn your back on the handball?

“Of course there are also disappointments in sports, but I love my kind of sport.”

A look into the future: In the next season, you will continue to work with the team to defy the THW Kiel. What is the preparation of the new season?

“On July 14, we will start into the preseason and go to Denmark to a training camp. The preseason is not the most popular part of the season for handball players.”

Last but not least: You have also been treated with K-Active Tape. Which are your experiences with the “Magic Tapes” from Japan?

“A tape must be helpful and may not restrict my mobility. Therefore, I am very satisfied with K-Active.”



The s.Oliver Baskets are back in the Beko BBL

After a hard struggle for the ascent, the s.Oliver Baskets did it: they are back in the Beko BBL! In the relegation matches they could win important points and now they have risen to the Bundesliga after just one year in the ProA.



On April 4, 2015, the playoffs started in Würzburg: with a score of 73:55, the s.Oliver Baskets secured the victory of the first quarterfinal match against the Hamburg Towers. Two days later, the hanseatics were also significantly

defeated at home by the guests – thus the francs are just one victory away from the semifinals. The s.Oliver Baskets didn't want to miss that, and overpowered the Towers in the third quarter final with a peak output of 90:48.

In the four semi-final matches from April, 18 to 26, the sportsmen from Würzburg had to grit their teeth. It required hard work and a lot of nerves, but with one defeat and three victories the s.Oliver Baskets defeated their opponent OeTTINGER Rockets from Gotha. In the final, the team from Würzburg met the GIESSEN 46ers. It was difficult to earn a leadership against this professional opponent. In first leg and return match the s.Oliver Baskets were beaten with one point respectively 2 points

behind the athletes from Giessen. Thus, the Baskets placed themselves on the second rank. "We are excited about the rise into the Beko BBL, but the disappointment about the two defeats in the final is still great at the moment" s.Oliver Baskets managing director Steffen Liebler says after the second final match.



Meanwhile, however, the joy prevails and the new season in the Beko BBL is eagerly awaited!

German vice champion 2015 - the Rhein-Neckar Löwen



The DKB Handball Bundesliga – the strongest league in the world: Here

the Rhein-Neckar Löwen had a fierce duel with THW Kiel for a long time. Shortly before the end of the season, Kiel was able to set apart and to celebrate the championship once again. Nevertheless, the players of the Rhein-Neckar Löwen can be very satisfied with the season in which they reached the second rank and pushed forward to the round of 16 in the Champions League. K-Active is proud to support such a

prestigious team with its quality products.



Interview with Bogdan Sique from Telekom Baskets Bonn

As a kind of sport, basketball ranks still clearly behind football. Which influence has now the media power of Bayern Munich, that currently built a top team and also the broadcast of the matches by Telekom?

„Doubtless the FCB has been a huge boost for the Beko BBL and thus the league has become even more attractive. But this also depends on the good infrastructure of the league and of course on the attractiveness of this sport. The sporty competition is as balanced as ever. The super organized and professional broadcast by “Telekom Basketball” helps tremendously to get a lot closer to the common goal “Make the Beko BBL the best league of Europe till 2020” .”

What is the special attraction of this sport?

(Laughs) „Finding a special attraction is very difficult in this sport. The substitutions and replacements and the many timeouts – which make it possible to take influence on the game at any time and to steadily adjust the tactic – are large and especially delightful differences to football.”

As before, many American players are playing in the top leagues. How does one try to lead the young German into this range of performance?

“Since season 2012/13, there is the “6+6 rule”. According to this, six out of twelve professionals on the scoresheet have to have a German passport. Four out of ten listed players have to be German, as well

as five out of eleven. Due to this rule, the operating time of German players in the played time was 31.11 percent. In Addition, many clubs build centers of performance and thus they promote the youth. With the construction of the club's Telekom Dome including connected training center the Telekom Baskets Bonn set the course for this early. “



Basketball, a so-called disembodied game. Nevertheless, there are always injuries. Which appear the most in Basketball?

(Laughs) „Basketball has nothing in common with the idea of finding a gentle balancing sport for college football players. If you look at the players nowadays, they almost look like American Football players. Seriously: The modern basketball lives on athletics and healthy hardness. Then it is clear that we have to deal with some injuries. Among the classics there are ankle injuries, the knee – particularly the cruciate lig-

aments and medial collateral ligament – and the fingers are also very often affected body parts. As in boxing, we must provide cuts in the face and bloody scratches on the extremities increasingly.”

How, and especially, how good can one counter preventive against this?

„Also on this level, the Beko BBL has evolved. Doctors, physiotherapists, osteopaths and athletic trainer belong to the modern image of this kind of sport. Many people work hand in hand to provide the players perfectly. Before each season, we put the players through its paces. For two years now we test them with a functional movement screen in order to detect early, where the functional orthopedic weaknesses of the athletes are. We work daily on the motion hygiene and trunk stabilization.”

In your opinion, what should be considered during rehabilitation training after injuries and what is important?

„In my opinion, everyone involved has to work hand in hand: doctors, physiotherapists and the athletes themselves. Regarding the treatment, one should respect the wound healing. Fortunately, this trend is decreasing.”

Which role do the K-Active Tapes play in your treatment? Are there certain rules to consider?

“At the Telekom Baskets, K-Active plays a major role, mainly in the first two phases of wound healing. Especially at the lymphatic drainage we

achieve huge successes with the Tapes. K-Active belongs necessarily to our “return to play” phase.”

The myth, that professionals generally recover faster after injuries than amateurs, even with the same findings, circulates. What could be the reason for that?

„In my opinion, the mayor role is the 24/7 treatment. At the Telekom

Baskets, we have an internal medicine doctor, an orthopedic surgeon,



an osteopath, a physiotherapist and an athletic trainer. We all speak the same language and everyone is specialized in his field. Our framework allows us to supply the athletes around the clock and of course to “monitor” him – from the control of nutrition and the sleep and much more. These are important tools in wound healing.

Association K-Active Tunisia



It all started with a K-Active course in Qatar in 2009. In this course, the Tunisian therapist Brahim Boubaker and the German senior instructor Siegfried Breitenbach met for the first time. After Boubaker was so impressed of the K-Active method, he invited Breitenbach to a congress in Tunisia, where he presented this new taping method in front of more than 400 listeners. After this presentation, many participants

were on fire and the first courses were organized by the physiotherapists association of Tunisia. More and more doctors and therapists have been trained and accordingly the desire arose to establish an own association. This wish has now been implemented in 2015 and the K-Active Association Tunisia has been found by ten very motivated therapists. The aim should be to take care of the scientific work around

the taping intensively, but also to help developing the contents of the courses.

In May 2015, the first scientific congress has been organized and carried out in Hammamet. Both German and Tunisian instructors presented their lectures. Other conventions should follow, which should bring the method forward in one hand, but also represent a possibility that people can meet from different countries and with different religions to get to know each other better, to respect each other and to live peacefully together.



Acute care for closed injuries in sport

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One unfocused leaving from the sports equipment and the foot is bent over or quick movements to not well prepared muscles and you have an injury - and this in one of the most beautiful things in the world - sports.

What has to be done by the trainer or the athlete?

In order to take the accordingly right steps, you have to understand what happens in the body at an injury: structures are not optimally loaded and thus there are cracks/damages in the various tissues. Especially in these injuries, the destruction of blood vessels should be considered, which are responsible for a bleeding or rather for a subsequently occurring hematoma (bruise). For a long time this hemorrhage was seen negative, but modern considerations show that the hemorrhage is the first step in the healing of the injury. With this bleeding, “building materials”, enzymes and energy come to the injured structures and they ensure the possibility of a subsequent reconstruction.

Thus, this bleeding is necessary for the regeneration of the structures, but you should also try to modify them, so they can run adapted and optimized. Therefore, for all types of injuries is valid: It makes sense to bring a moderate compression to the injured structures from the outside to have a back pressure for the power of the inflowing blood. Immediately there should follow this compression by a bandage in the area of injury in order to generate the required back pressure of a circumscribed period.

In a second step, these bandages should be soaked in cold water. This “hot ice” leads to a “mild” evaporative cooling that causes a narrowing of the arterial vessels to have the effect of reduced bleeding. Additionally or alternatively, cooled K-Active First Aid Spray can be used. Due to the contained activated trace elements and the low pH-value there is in addition an acceleration of hemostasis, or also an activation of the self-healing powers of the body. Only when the pain is in the focus, the prescribing of ice spray, ice cubes or ice packs are in review because these treatments indeed soften the activity of the pain receptors significantly, but sometimes they can hinder the subsequent regenerative processes of the body.



Another treatment is to lay up the injured body parts. So the hydrostatic pressure is taken from the injured structures to reduce bleeding, or to activate the backflow mechanisms via the venous but especially via the lymphatic system.

First light isometric contractions or movements of the not injured adjacent muscles and tissue structures can have a beneficial effect on the absorption of bleeding from the injured region, but it also represents a security for the injured athlete that not “everything is

destroyed” and many areas are still functional. For example, the toes and knees can be moved from the beginning after a sprain in the area of the ankle to enable these positive mechanisms.

The compression should be deleted after a certain time to meet the changed condition with the corresponding increase in volume in the injured region. In addition, you can use the K-Active First Aid Crème and then apply a compression adapted to the new situation. Also, this region should be cooled with cool water, K-Active spray or ice packs depending on the severity of injury during the compression in order to support the mechanisms described above. These treatments should be repeated two or three times. During this time, the athlete should renounce alcohol or nicotine because this reinforces the injury or it hinders the regeneration processes.

According to the severity of the injury, a doctor should be consulted, who creates a diagnosis and then initiates further treatments. Among other things, the diagnosis and documentation by a doctor is important, for example for the insurance of the athlete.

In cases of more serious injuries, there is often made an X-ray to exclude fractures (breaks). Here, the medical staff or the athlete should make sure that immediately after the checkup the compression is applied again and the affected area is laid up during the waiting period. Should this be neglected, it is possible that the swelling of the injured area comes back.

After extensive first aid and diagnosis, the therapy must be initiated immediately. Unfortunately, you can often hear the statement of



doctors: "... now let's wait for a week or two and then we can start therapy...". However, this is an unfavorable approach, because the body begins with self-healing one second after the injury. In each of these phases of healing it is important that the medical staff knows these phases of the body and accordingly uses the therapy. Just imagine, a national football player has to wait for two weeks before the first therapy starts. But this is usually the time period in which the athletes are already back to field. However, a premature, inadequate loading of the injured structures must be avoided in order to prevent damages to the athlete. Finally, one note: There are no mi-

nor injuries. Even little injuries should always be taken seriously, as they often represent the cause for major injuries. Again, you should take the top sport as example in which the thoughts of prophylaxis and therapy are implemented by trainer, doctor and therapist. Finally you can say, that the perfect interdisciplinary interaction of all occupational groups lead to maximum success and best recovery / rehabilitation.

Siegfried Breitenbach
 Sport physiotherapist of DOSB
 Member of the German Olympic Team in Sydney 2000 and Athens 2004, K-Active Head Instructor

Judo Grand Prix 2015 in Düsseldorf



For the sixth time the Judo Grand

Prix took place in Dusseldorf. 550 athletes from 75 nations traveled to the first judo event of the year in the North Rhine-Westphalian state capital and offered a top class sporting event to more than 8,000 spectators. K-Active was pleased to be able to have supported the German top athletes even at this great event.



K-Active supports the tennis tournament „Tunisia Future“

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The Tunisian city of Sousse is located 150 kilometers south of the capital Tunis on the Mediterranean coast. Due to the attraction of this thriving city and the very mild winters, the “TUNISIA ITF FUTURES WINTER TOUR” will periodically take place there as a part of „ITF Men’s and Women’s Circuit“.



At this tennis tournament, more than 100 male and female players, aged between 16 and 26 years, from all over the world (for example America, Canada, Brazil, Spain, France, England, Russia, Romania, Serbia, Hungary, Germany, Italy, Denmark, Austria, South Africa, Portugal, Czech Republic, Tunisia, Algeria, Egypt, India etc.) take part.

Tennis is a great sport. Nevertheless, there are also overloads and

injuries. Suboptimal choices of club, bad shoes or even difficult subsoil are some causes of sports injuries. In addition, factors such as the lack of fitness of athletes, a bad technique, but also overload by too much training and matches can cause injuries.

As a leading therapist, many sportsmen came to me with a variety of complaints during the tournament. One of my main therapeutic approaches was the K-Active Taping. This was partially used prophylactically before training or matches, but even after the load for a faster regeneration. This high-quality tape represents also a part of my therapy in order to bring the players quickly “back in the match”. It is important for them, because in this competitions, they collect their points for the participation in the really big tournaments.

Afterwards, many of the treated athletes spoke about „K-Active Magic Tapes“, what is of course only a part of the truth. In order to use the tape at its best, you should have learned the basic techniques of K-Active Taping. There, a holistic examination technique is taught to identify the real key points in the body. Via these, the balance and self-healing powers of the body are promoted and thus it is fit for loads

again. These positive therapeutic successes by combining the K-Active Therapy with the premium products of K-Active make the professional athletes be astonished about the rapid success and thus they support their athletic development sustainable.



Ékram Ouni

K-Active Taper
Managing physiotherapist for
Tunisia Future
Member Association K-Active
Tunisia

K-Active Taping method in Bolivia

Together with its partner Fishio Salud, K-Active started in 2012 with bringing the K-Active method to Bolivia. The first courses were organized and carried out by K-Active Instructor Julian Ferreyra from Ar-



gentina. Due to the therapeutic results of the participants, the method became more and more well-known and further basic, advanced and special courses were held in La Paz and other Bolivian cities. The special thing about La Paz is that this city is located on 4,000 meters above sea level and our instructor had to take medication in order to survive this high loads well. Meanwhile, Fishio Salud and our Bolivian junior instructor Shirley Lopez started up cooperation with universities and professional teams in Bolivia. Partial Eu-

ropean instructors are connected via Skype to allow international exchanges in courses, which went down well with the highly motivated participants.



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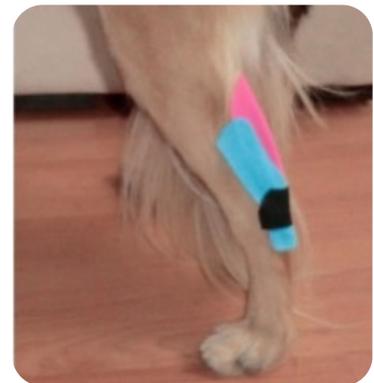
K-Active tendon application at animals



Animals benefit in the same way as human from the effect of the K-Active Taping. On relatively short and smooth coat the tape adheres like on skin. It raises the hair gently and thus the underlying skin. The tape works mainly via the skin, the muscles and the neural and energetic systems. The body's own

healing processes at animals are supported as well as at human. In practice, the use of standardized applications for tendons has already often proved. Because of the deviating anatomy of for example horses and dogs (toe-goers or digigrade) compared to human (plantigrade), there is an increased potential for injury in the area of tendons in the extremities. Causes are usually overloads, traumas, mechanical irritations or arthritic changes in the corresponding joint. In practice, the tendon application via K-Active Taping has proven itself many times. This application affects the healing process very positively by a passive supportive effect on the tendon system and an improvement of the microcirculation of these poorly perfused areas. In many cases, the swelling and

inflammation abates due to the K-Active Taping during the treatment more quickly and the tendons can often heal better.



Text and pictures:
Carolin Caprano
Veterinary Instructor

READY - STEADY- GO!

NEW IN PRODUCT RANGE* NEW IN PRODUCT RANGE



NEW: K-Active Tape Elite

- Strong adhesive performance
- Especially sensitive to your skin
- New range of colors



NEW: K-Active Tape Sport

- With reduced elasticity
- Optimized for sport and other activities
- Best price-performance ratio



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Be (K-)Active!

Products in „Kinesiology Taping“, Practice- & Therapy Requirements

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