

*Life!*



**K-Active® in first division**

Interview with Thomas Stubner,  
physiotherapist of Eintracht Frankfurt

**Practical tip**

How K-Active® Taping can be used  
in podiatry

**New therapeutic possibilities**

What you have to know about the  
booming therapy with frequency-  
specific microcurrent

**and many more**

## Dr. Gaiser and the St. Marien clinic trust in our NormaTec® Recovery Systems

### An interview with clinic director and chief physician Dr. med. Eugen Gaiser

The St. Marien clinic for rehabilitation medicine in Bad Soden-Salmünster is a modern rehabilitation clinic that is specialized on the follow-up medical treatment and rehabilitation of operated patients with synthetical joints. In the interview with K-Active®, chief physician Dr. med. Eugen Gaiser reports on his experiences with the NormaTec® Recovery Systems for technical lymphatic drainage.

**K-Active®:** "Dr. Gaiser, which requirements on the rehabilitation phases after surgery have changed over years and what is so important, especially in your clinic?"

**Dr. Gaiser:** "Today the requirement on the modern rehabilitation is that patients are mobilized under full stress directly after surgical procedures. It is important that they achieve good joint functions as quickly as possible so that the patients can leave the rehabilitation facility after approx. 3 weeks without crutches."

**You mean the so-called Fast-Track-Rehabilitation?**

"Yes. The fast recovery and activation of the self-healing powers of the body become more and more important. Therefore our clinic has to use innovative and new methods to support our already established therapies like physiotherapy, massage, medical training therapy and movement therapy."

**The NormaTec® Recovery Systems represent such a new and innovative method. Since March you have those compression systems in your clinic. How do you exactly use the NormaTec® devices?**

"We use the NormaTec® products for all our surgery patients. They rest 2 x 30 minutes five times a week in the dynamic compression systems."

**How do your patients respond to this new treatment tool?**



"Our patients are very satisfied with the new systems. We reach very good results. Our therapists integrate them into every patient's treatment schedule. Due to the use of the NormaTec® systems we further increased the very good treatment quality at our clinic. We are happy when our patients are satisfied. And they are."

**We thank Dr. Gaiser for the interview and we wish continuing success with the treatment of his patients with NormaTec®!**

**Dr. med. Eugen Gaiser**  
Clinic director and chief physician  
St. Marien clinic



**NormaTec® Recovery Systems are approved by the US Food and Drug Administration (FDA) for apporative lymphatic drainage.**

## K-Active® in the manege

### K-Active® instructor Ferdinand Jeske taught circus artists, trainers and athletes in Barcelona

Together with the British cooperation partner James Wellington (Performing Arts) we were allowed to teach artists, amongst others from the Cirque du Soleil, in various workshops for the first time. For these workshops, K-Active® instructor Ferdinand Jeske traveled to Barcelona in order to educate the trainers and therapists in K-Active® Taping, but also in Natural Born Moves by FASZIO® and in the application of BellaBambi® by K-Active®.

The artists were highly enthusiastic about the „Natural Born Moves“ workshop because it focuses on movements. The participants – without exception – were impressed by the wide range of products from K-Active®.

The director of the circus already made a reservation for a whole weekend for an inhouse education.



## Innovation in diagnostics: Multiscan Pro

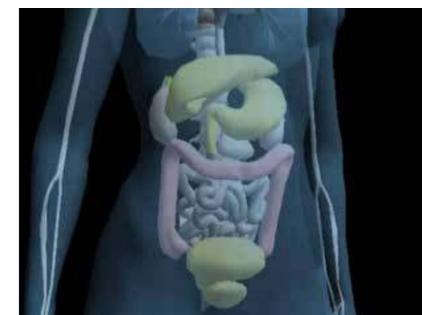
### Used in practices more and more often

With the new testing tool „Multiscan Pro“, many areas of the body can be checked within only two minutes. The results of the test are displayed on the computer screen by an innovative and clearly arranged software.

The Multiscan Pro offers an overview of different body situations, for example in the area of the cardiovascular circulation and internal organs, but also of the status of essential compounds in the body.

The illustrated information can be combined with already elevated examination results in order to create a holistic therapy schedule.

**Note:** In our body, everything is connected with everything – only an integral therapeutic approach can lead to a long-term success.



## K-Active® products used in the first division

### An interview with Thomas Stubner: Physiotherapist of Eintracht Frankfurt (1. Division German Soccer) and HSG Wetzlar (1. Division German Handball)

As a physiotherapist of the first division soccer club Eintracht Frankfurt and the HSG Wetzlar in handball, Thomas Stubner is in great demand. We are pleased that he gives us a competent insight into his work as a K-Active® cooperation partner.

**K-Active®: "How many employees does your medical team have and in which range do you take care of your players?"**

Thomas Stubner: "We are four to six educated physiotherapists and osteopaths. Furthermore we have three athletic trainers, two orthopaedists

and two internists. We take care of our players round-the-clock."

**Can you describe which physical and mental requirements a player needs to have today in the Bundesliga to endure the tough soccer business?**

"Today, the players have to have more than only talent. The tough everyday business demands everything from them. Not only playing soccer is important, they are also in demand besides the sideline and they have functions as image carriers for the club.

After a defeat, extreme pressure

weighs on the players. They are not only exposed to strong physical loads, but also to mental stress."

**Which body systems are especially strained in soccer and what is your strategy in prophylaxis and improved performance with the possibilities of physiotherapy?**

"In general, all body systems are strained in ball games. In the athletic area, we often work prophylactically. In the physiotherapeutic area, posture and statics are very important. Everything must fit together before sending a player into the match."

**Which are the primarily occurring injuries in soccer?**

"The most common injuries are muscle injuries which have to be treated by us in the medical team."

**Which therapeutical procedures do you seize to treat the players?**

"For the therapy of the players, we include treatments from many different areas, for example osteopathy, physiotherapy, K-Active® Taping, microcurrent therapy by using the device of B-E-St®, cryotherapy, apparative lymphatic drainage with NormaTec® in combination with osteopathic treatment."

**Which K-Active® products do you use and which role do they play in your daily work?**

**the greatest differences between these two kinds of sport in terms of personalities, injuries and therapeutic possibilities?**

"I am pleased that I am able to collaborate in two kinds of sport. The difference in terms of therapy is that every sport has a different strain. I myself

have been a handball player and I love this sport since the I was a child. In soccer, there are more injuries in the lower extremity, and in handball the injuries occur in the upper extremity. The pattern of the injuries is the same in both sports."



**Thomas Stubner**  
Physiotherapist | Osteopath  
Eintracht Frankfurt | HSG Wetzlar  
Manager practice MainKörper360°

## K-Active® education system international Masterclass Modul 2 in Bolivia

During his 4-month journey across South America, K-Active® instructor Ferdinand Jeske used the possibility to run a Masterclass Module 2 together with the Bolivian instructor Dr. Shirley Lopez in Santa Cruz (Bolivia). Fishio Salud, our local partner, did the organization of the course.

24 excited doctors and therapists absorbed the knowledge of both competent instructors inquisitively. During the participation in the course they collected experience, suggestions and optimizations for their therapy and sports care. Jeske was surprised by the existing knowledge of each participant and the

fast transfer of theory into practice. Due to this high level, he could also teach the basics of cupping by using the innovative BellaBambi® by K-Active® besides the K-Active® Taping and the participants implemented even this new method perfectly into practice.

Jeske and Dr. Lopez are looking forward to further exciting courses in Bolivia!



## Practical tip: K-Active® Taping in podiatry

K-Active® teaches podiatrists in K-Active® Taping already for several years. In cooperation with the biggest podiatry practice in Switzerland, Per Piedi in Basel, I developed specific taping techniques on which the K-Active® Taping course for podiatrists is based. These techniques can also be integrated into everyday work of a therapist.

Now I want to present standardized tape applications for specific chronic diseases with which a podiatrist is often confronted in the practice.

### Correction of the proximal nail fold

With this tape application, you correct the position of the nail fold and this reduces the risk of inflammations because these are often caused by ingrowing toenails.



### Support for Hallux Valgus

With a prevalence of 23 to 35 %, the Hallux Valgus is one of the most common forefoot deformations. Using this taping application, the arthrokinetic of the affected toe and the whole forefoot can be corrected.

### Correction of hammer toe



Wrong shoes are often causing hammer toes, but also neuromuscular or rheumatic diseases as well as highly arched foot or splayfoot can contribute to the formation of this problem. I am using the „loop technique“. This application can correct the proximal interphalangeal joint that is primarily affected by the contracture. Parallel occurring accessory symptoms, like interdigital skin problems and clavi, can be prevented.



### Possible applications at plantar fasciitis or inflammations in the area of the heel



### Conclusion

The K-Active® Taping can be used as a meaningful and effective additional method to common treatments, for example the nail correction clip. Because of the experience of my podiatry partners and me in taping, I recommend the K-Active® Tape Elite, which is the most suitable for individual requirements in podiatry.

### Torge-Nils Eistrup

Self-employed graduate physiotherapist and osteopath  
K-Active® instructor

## Practical tip: Operation of the front cruciate

After surgery of the cruciate ligament, swellings in the area of the knee as well as a feeling of insecurity can occur. Related to this, different techniques of kinesiology taping can be used. For the local swelling, the so-called web-cuts are suitable. They are applied with pressure at the front or the back site of the knee.

Lymphatic tails support the drainage of the swelling in direction of the corresponding lymph node. A specific technique for the support of the function of the front cruciate ligament follows. Additionally, a muscle technique can be applied on the ischiocrural muscle group as well as on the M. quadriceps. By using compression hosiery for the whole leg, compression is carried out.



## K-Active® Taping in Schroth therapie

The scoliosis is an extensive disease pattern with which every physiotherapist has to work with daily. The possibilities of treatment are nearly endless, but they require a detailed and correct appraisal.

The most effective treatment technique is statically: the physiotherapy according to Katharina Schroth. It is aimed at a conscious posture training that has to be integrated automatically into daily grind. It should lead to avoid unilateral stress postures and progress-supporting behavior. The method has to be understood and learned; therefore we recommend using it from an age of 7 years. It can be practiced until high age. Children under 9 years should be supported by their parents. They should attend the therapy and learn the exercises in order to support and correct the child at the daily training program at home. The

scoliosis treatment is offered as a part of rehabilitation in so-called Schroth clinics, for example the Katharina-Schroth clinic in Bad Sobernheim. The individual program is trained in periods with different durations and afterwards the adolescents and adults practice it at home. The effectiveness of the method could be proved electromyographically, by radiologic course controls and improvements of the vital capacity (respirational parameters).

Progressive scoliosis of more than 20 degree should additionally be supported with a corset, depending on the course of the disease. The relative parameters, like wearing time, periods and so on should be defined by a scoliosis specialist with the support of a trained Schroth therapist.

Surgery should only be sought in exceptional cases.

In the conservative treatment of scoliosis, K-Active® Taping is a helpful tool. Due to the extensive assessment and the understanding of scoliotic crosslinking, a physiotherapist can help his patient, even when he is at home. In the following, some possibilities for treatment are described; but these are only suggestions for your individual scoliosis therapy.



In the graphic you can see a healthy spine (left) and a spine with shifts due to scoliosis (right).

### Remodeling techniques:

From experience, the remodeling techniques have a particularly lasting effect; in the area of the ascertainments (loin, front rib, formerly called bulge or hump) as well as in the area of the dents (loin dent, formerly called as weak spot).

In this example, a shrinking technique is applied during maximum pre-stretch. The tape is applied as I-shape in the zenith of the shrinking during inhalation. The tape implicates the grasp for deepening the inhalation. The application gets efficient in daily routine as well as during selective exercises. It constantly puts the loin dent into a corrected direction. Positive side effect: Many patients describe that their sportive endurance performance (jogging, handball) could be increased.

If the patient has a front rib ascertainment, you can use a soft impulse of an expansion technique on the costal arch according to the "RE-Balloonery Theory". This could make a valuable contribution to the treatment.

### Muscle technique:

Additional muscle techniques are effective in the convex part of the spine. The direction of the application is determined in the assessment. In this example, the base is applied cranially during erected spine position; the tails are applied in direction of the muscles during maximal pre-stretch of the tissue. Rubbing the tape to activate the adhesive is a standard element of every application. The technique supports the raise of the ascertainment as well as in the area of the lumbar and the thoracic spine.

Ferdinand Jeske  
Physiotherapist  
K-Active® instructor

## Recover like Patrick Lange

### Do it like the two-time IRONMAN World Champion!

The reigning IRONMAN world champion divulges some of his top training and nutrition tactics, along with the recovery routines that help him stay in top form.

This article is presented by NormaTec by Brad Culp

While it might seem like Patrick Lange suddenly burst onto the triathlon scene with his third-place finish at the 2016 IRONMAN World Championship, the 32 year-old German has actually been on a steady rise to the top.

Running always came naturally to Lange, who was a track and field standout as early as elementary school. As a teen, he excelled at mountain biking before making the move to duathlon. It took nearly a decade for Lange to get his swim to the point where he could compete with the world's best triathletes. But once he did, it became clear that he would become one of the fastest competitors triathlon has ever seen.

Lange's third-place finish in 2016 came with a Kona marathon record of 2:39:45, and he followed that up by winning it all in 2017 and smashing the overall course record with a finish of 8:01:40. Here are some of the secrets to his success:

#### Create the Right Training and Recovery Balance

Lange has a unique advantage among his peers in that he worked as a licensed physiotherapist when he was first trying to make it as a professional triathlete. This has given him great self-awareness of what's going on inside his body and what needs to be done to perform at its optimal level. He's religious about his triathlon training, and also finds time for intermittent strength training routines. In between, he makes recovery a priority so that he is able to make the most of all that hard work.

Lange's top recovery methods include an abundance of naps, the NormaTec boots, and occasional massages. For the past three seasons, Lange has been using NormaTec recovery boots almost daily, and it's become a key component of his training regimen

*"After a recovery session in the boots, I feel fit and relaxed quickly."*

since making the jump to full-time athlete.

"When it comes to regenerating your muscles and joints, everyone is different in terms of what works best for them," he says. "I knew from the first time I tried the NormaTec boots that they were exactly what I needed after intense training sessions. It's just part of my ritual now—as soon as I finish a big session, I'm putting them on so I can feel fresher, faster."

#### Train to Race, Don't Race to Train

If you look at Lange's results over the past five years, one thing that really stands out is just how few results there are and just how careful he's been about jumping up in distance. He's averaged just six races per year over the past five seasons and didn't do his first full IRONMAN until the IRONMAN North American Championship in 2016. His record-setting first place

finish in Kona last year was only his fourth full distance IRONMAN.

The schedule is reminiscent of another former IRONMAN world champion—Faris Al-Sultan—and it should come as no coincidence; the 2005 Kona king has been Lange's coach for the past three years. Lange has adopted many of Al-Sultan's unique training practices. It's not uncommon for Lange to hammer a hard 15K run after 150K in the saddle, but he doesn't stress about getting from bike to run as quickly as possible. He's not afraid to squeeze in some recovery time to rejuvenate his legs so that he can be sure his flawless run form is exactly that when he gets out to run.

#### Focus on the Next Session

From the moment he finishes one session, everything Lange does is all about nailing his next session. He's been a vegetarian since 2010, and he believes that his strict guidelines on nutrition have been a vital piece in helping him push harder each day. Immediately after training, he likes to drink a shake that is balanced in protein and carbs

to make sure that his body has everything it needs for recovery. He follows that up with a proper meal to make sure he never goes into caloric deficit, and that he has the energy he needs to perform well during his next session. But, when Lange made the leap to

*"My vegetarian diet has contributed to my success."*

IRONMAN racing in 2016, he found the part of training he struggled with most was getting his body ready for the second training session of the day—which, as a pro, was something he needed to do at least five days a week. "That's where having NormaTec boots makes the biggest difference for me," Lange says. "I can start that second session of the day feeling as fresh as the first, and I can finish that second session stronger."

#### Treat Yourself

Most of the time, Lange is highly focused on maintaining his edge and working hard at getting faster. However, he is not afraid to let loose every once in a while, too. Without hesitation, his favorite indulgence is chocolate lava cake, and he is definitely a fan of pizza! And, although the IRONMAN world champ spends a lot of time traveling and training, whenever he is home he

likes to have friends over to unwind and recharge his batteries.

During the off-season, he takes some time off from his intense swim, bike, run routines. He stays in shape and has fun by cross country skiing and biking in the mountains.

"I'm convinced that it's important to spice up your training every once in a while. So, whenever there is an opportunity to get in something different than what you're normally used to, do it! Not only will your body profit from that variation, but your mind and motivation as well."

#### Stress Less en Route

Lange travels less than many of his peers, but considerably more than the average age-grouper. When he leaves his hometown of Frankfurt for a training camp or a big race, his NormaTec boots are one of the first things he packs when leaving, and always the first thing he unpacks once he gets to his destination.

*"NormaTec® relieves my legs after a long flight."*

"Of course they help ease the physical stress that your legs endure while flying, but just knowing that I have them also helps relieve some of the mental stress," he says. "Knowing that I can put them on as soon as I get to where I'm going helps put my mind at ease when I'm flying."

"We tend to underestimate how much energy traveling can take away from us," Lange points out. This can be especially problematic for triathletes who need to perform their best at destinations far from home.



## Frequency-specific microcurrent

### What you have to know about the booming therapy

Online, on trade fairs or in the next physiotherapeutic practice: Every day you get advised of “microcurrent”. But what is frequency-specific microcurrent and why does it experience such a great boom? In the following, we describe background information and effects.

#### What is microcurrent?

Many processes in the human body run with microcurrent. Therefore many medicals and therapists have researched this area during the last 100 years to find new possibilities to support

the human body in the field of fitness, performance increase, regeneration or health, but also to support the healing process for injuries, after surgery or diseases.

Amperages underneath of 1 microampere are used in order to take influence on the body in exactly these situations.



#### What does microcurrent do in the human body?

According to statements of scientists like Ngok Cheng, Albert Szent-Györgyi and Carolyn McMakin, the following effects are possible:

- Increase of the ATP production
- Change of the membrane protein synthesis
- Reduction of the number of cytokines
- Increase of the number of endorphins
- Information transport via the human semiconductor system
- Influence on structures, scars and “situations” in the tissue

#### Frequency-specific effects on “situations” and body structures

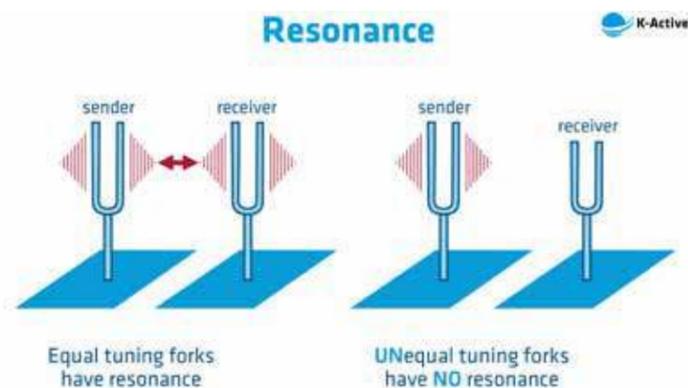
If a structure gets into vibration, these vibrations can also be transferred to distant adequate structures (= “resonance phenomena”).

Specific frequencies generate a resonance in our body that can also trigger emotions. Similar to this, music can touch us and make us sad or it can motivate us and improve someone’s mood.

Experiences and researches have shown that specific frequencies can influence “situations” and structures in the human body.

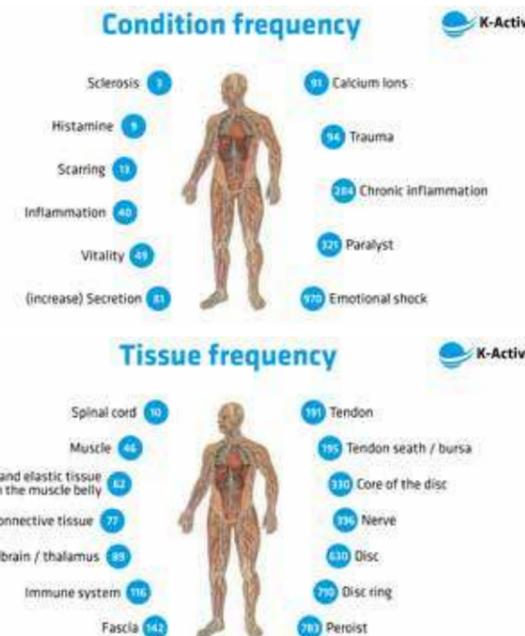
The therapeutically art now is to find out what is the current situation of the patient and which structures are the triggering elements. A possible combination during pain could look like this: an inflammation with 40 Hz as a situation and the nerve with 396 Hz as the equivalent body structure.

Before solving the “seeming problem” you should think about the reason of this pain. In case of an injury you use the program “Trauma Reset” to delete negative information in the body. Does the emotion “fear” cause tensions and similar reactions in the body the



“emotional frequency” may help to reduce fundamental negative vibrations in the body or to eliminate them. Is the situation caused by surgery you should imagine the following: the doctor first severs the skin, then specific fascia coats and joint capsules before he makes surgery on bones, tendons, menisci etc. In this case it is important to know which structures are concerned and which frequencies are required to support the body in its self-healing process.

Ask your therapist about this effective therapeutic possibility!



ATP (Adenosine triphosphate) has the function of a battery for all body functions. Its production is increased to 500 % during the application of microcurrent. This is the base for increasing performance, improved regeneration and self-healing in the human body.



## Adaptive impulse therapy with physiokey®

### Successful method for humans and animals

The adaptive impulse therapy celebrates successes in the human medicine for several years. The physiokey® stimulates the self-regulation by adaptively regulated impulses. This medicine product which is made in Germany and influences the autonomic nervous system and thus on the body’s own adaption and regulation processes.

Due to the very good therapeutic results with humans, more and more veterinary doctors and therapists discover the therapy with physiokey® for the veterinary medicine. First experiences show that the effect of biological-feedback-guided impulses can stimulate an extensive and holistic regulation process, especially at horses and dogs. Similar to the use at humans it can also achieve pain relief and an improvement of functions.



Published:  
Tierärztezeitung 01/2018  
(German magazine for veterinaries)



## Your partner for high-quality products in Kinesiology Taping, sports and therapy

### Excerpt references Germany:



You want to read K-Active® Life!  
online?

▶ <https://bit.ly/20ik9m0>

K-Active® Europe GmbH  
Frohnradstraße 2  
DE 63768 Hösbach

Phone: +49 (0) 6021 62998-100  
Fax: +49 (0) 6021 62998-999  
Mail: [vertrieb@k-active.com](mailto:vertrieb@k-active.com)

