Endurance Massage/Taping Services

Kinesiology Taping uses specialized TheraBand Elastic Tape to create superficial muscular support that can last up to 5 days. The perfect post-race recovery enhancement for endurance athletes. Whether you are a world-class triathlete, a 5K participant, or a first timer to any level sport, our new Endurance Taping enhancement will help with pain relief, muscle support and so much more. This treatment includes kinesiology tape and application of Biofreeze spray.

Timing

Protocol time is a 10-minute enhancement included within a 50/80-minute service that should be performed at the end of the massage. It can only be added to another service. It cannot be booked alone. Please note, for best results client should arrive with hair removed from the area to be treated.

Benefits

Allows for a longer stabilization period to help hold post massage posture. Assists with pain relief for subacute conditions that come from daily or strenuous activity. For post workout sore muscles, it has been shown to relieve the effects of Delayed Onset Muscle Soreness (DOMS).

Warnings and precautions

Avoid areas with broken skin, sunburn or varicose veins. Those who are allergic to cloth bandages should not receive this service. You may have a local hyperemic response to the adhesive if you have sensitive skin. If skin is not shaved or properly prepared by removing oils, it can significantly reduce the holding time of the adhesive. Biofreeze can reduce the sensitivity to local pain. If you have an adverse reaction remove the tape and wash the area clean with a cool wet towel.

Scripting for Full Body Service or Enhancement

Endurance Massage Taping is the ultimate in sports recovery and stabilization. It has been shown to aid in reducing recovery time from soft tissue trauma and help decrease DOMS (Delayed Onset Muscle Soreness). Adding Biofreeze to this service blocks pain due to the cold response.

Service Codes and Pricing

Remember to do the following:

- Check off the service in the Massage Therapist's profile as a service they can perform, once they complete the training course.
- Verify the Sales Tax indicator in the Service Definition.
- Assign the Service Commission in the Service Definition.
- Verify the Room Resources in the Service Definition.

Service Code	Description	Service Class	Sub Class	Price	Time
ENT	Endurance Taping	Add On	Add On	$20 or $30	0

Marketing Materials

Counter Card and Demand Force

On the intranet under: Marketing Tools > Endurance Taping