

After years of testing, research and clinical trial, Dr. Kenzo Kase officially founded the Kinesio Taping® Method in 1979. Soon thereafter Dr. Kase working with manufacturing personnel designed and engineered an elastic tape that would accompany his method. He gave it the name of Kinesio® Tex (meaning textile). Since then, the Kinesio Taping Method utilizing Kinesio Tex tape has grown to become a worldwide treatment by medical and sports professionals.

For Kenzo Kase, research, education and patient care have always been the top priority. These three core values led him and other professionals to form the Kinesio Taping Association in 1984. Although Dr. Kase authored his first Kinesio Taping book in 1982, by 1994 twenty books had been published on the Kinesio Taping Method.

Whether you're looking for more education or research on the Kinesio Taping Method, or more information on the unique benefits of Kinesio Tex tape, we welcome, invite and encourage you to explore our sites below.

Dr. Kenzo Kase
founder of the Kinesio Taping® Method





The Original from Dr. Kenzo Kase Since 1979



Kinesio Taping Association International



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