The use of Kinesio Tape in oncological patients at the European Institute of Oncology.

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Kinesio tape, which at one time was much used in the sporting arena, could become a very useful weapon in oncology rehabilitation. At the European Institute of Oncology, the use of kinesio tape has become an important therapeutic tool for oncology patients.

Areas of the use of kinesio tape in the IEO:

**Post surgical edema, hematoma and lymphedema**
- Useful and well tolerated in patients with post surgical hematoma and swelling
- Alternative option in cases where is no indication or no compliance for the gold standard treatment (manual lymphatic drainage + elastic compression bandage)
- Treatment option in patients with lymphedema of the face after cervical lymphadenectomy in head and neck tumors

**Post surgical scars**
- Useful to smooth and help change the aesthetic appearance of some post surgical scars
- Enhance the mobility of scar tissue
- Enhance skin mobility and reduce fibrotic areas after radiotherapy

**Pain relieve in patients with breast implant contractions**
- Relieve tension and pain in patients with capsular contractions
- Useful treatment in patients with baker 3-4 contractions who are awaiting implant substitution

**Muscle disorders in post surgical patients**
- Useful in patients with pectoral contracture and shortening after breast cancer surgery
- Patients with painful points and/or areas near and far from the surgical location
- With patients in neuropraxia after surgery

**Axillary web syndrome**
- Prevents swelling after manual therapy
- Helps to soften resistant fibrotic cords

**Bibliography:**