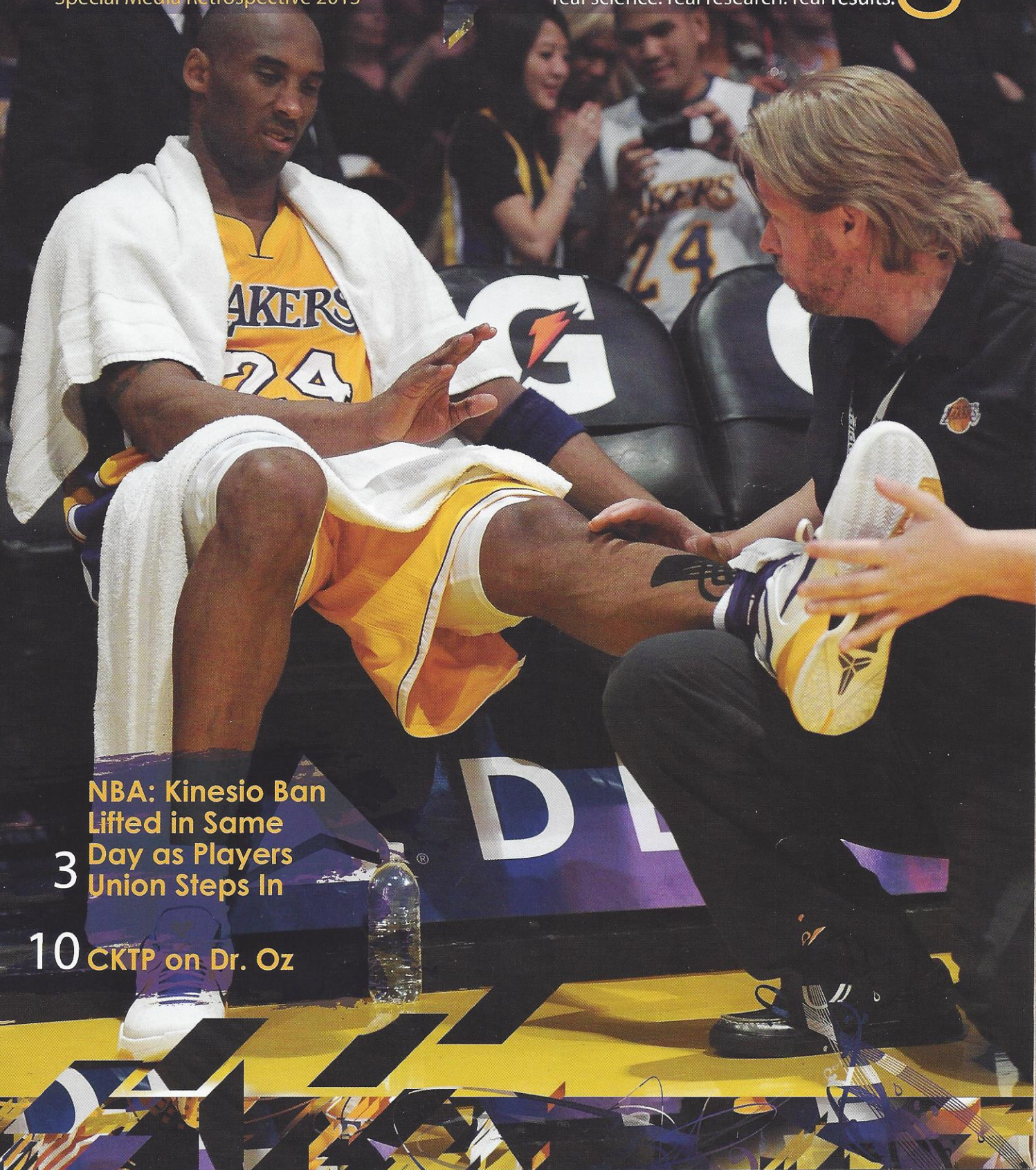


# AdvanceHealing

Special Media Retrospective 2013

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10 CKTP on Dr. Oz





# KARENA WU ON DR. OZ

*"Kinesio Taping has added that extra little 'WOW' in my treatments."*

Karena Wu, CKTP, PT, MS, CSCS, CPI

In 2013, Certified Kinesio Taping Practitioner (CKTP®) Karena Wu, PT, MS, CSCS, CPI, appeared as a pain expert on "Dr. Oz's Pain Clinic."

Although she used generic terminology in her presentation, the paper backing on the Kinesio Tex Tape® was visible. As a CKTP, Karena knows the difference!

A physical therapist specializing in manual therapies, vertigo, TMJ and Pilates for rehab and functional training, Karena Wu works in New York City as part of a network of providers that includes physicians, surgeons, and chiropractors in addition to alternative medicine practitioners that include acupuncturists, massage therapists and doctors who offer cutting edge therapies. She is owner and operator of ActiveCare Physical Therapy, an outpatient practice which focuses on manual therapies and sports-specific rehabilitation.

She has been certified in Kinesio Taping since 2005. "I've been using it regularly on my post-surgical cases, those with tendonitis of the Achilles, lateral epicondyle, lumbar disc herniations, shoulder RC re-education and hips," Karena explains. "I did a lot on the hips and knees for some patients that ran the NYC Marathon and they were able to complete the race!"

"Kinesio Taping has added that extra little 'WOW' in my treatments. It's like my hands are still doing work on them when they leave the office and when they come back, it's a little less work that I have to do on those stubborn tissues. Patients love that extra 'something' that's still working on them, almost like a little brand that they can show off when others get to see it. It makes them feel like a professional athlete."

You can view Karena Wu's interview and Kinesio Taping demonstration here <http://www.doctoroz.com/videos/dr-ozs-pain-solutions-pt-1>.

For an overview of more of her activities, go to <http://www.activecarephysicaltherapy.com/collaboration.php>.

And to learn more about Kinesio® Tex Tape and the Kinesio Taping® Method, visit <http://www.kinesiotaping.com>.

