

# K-Taping & IASTM Procedure Flow

## Kinesio-Taping

1. Rule out adhesive allergy contraindication with test strip of tape
2. Clean the skin; trim hair, do not shave
3. Measure tape for target tissue length
4. Cut tape to length and round the edges
5. Tear off backing 1 – 2 inches at each end of the tape; these sections will become the anchors
6. Apply an anchor with no tension
7. Apply to skin with appropriate tension/position
8. Apply the second anchor with no tension
9. Rub tape to activate the adhesive

## Billing



- Service Slip – Select A4450. Charge is \$5 per taped region.
- Document the region(s) taped in SOAP note.
- Bill code A4450. 1 unit per taped region.

## IASTM

- Ensure the patient is free of contraindications prior to all procedures being performed
1. Assess the patient – movement screen
  2. Clean/disinfect the instruments using antimicrobial solution
  3. Warm the tissues to be treated – hot pack, exercise, etc...
  4. Apply gloves
  5. Use a tongue depressor to apply emollient to skin (depending on technique) to limit exposure to microbes
  6. Scan and treat soft tissues using clean instruments
  7. Clean emollient off patient
  8. Clean/disinfect instruments using antimicrobial solution
  9. Dispose of gloves appropriately
  10. Reassess the patient – movement screen

## Billing



- Service Slip – Select 97140.
- Document the therapy in SOAP note using time in time out.
- Bill code 97140 with 59 mod if procedure is performed in region other than what was adjusted..