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News

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David Beckham Has It Taped for Fitness

See what David Beckham and Real Madrid's spokesman had to say about the Kinesio Tex® Tape Beckham wore during his final game in a Real Madrid uniform.

Category: General

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Beckham has it taped for fitness

By ERIC BEAUCHAMP
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DAVID BECKHAM will be in strapping shape against Estonia thanks to a Japanese method of muscle protection.

Becks, 32, has turned to a new craze of binding muscles called Kinesio Taping to take the strain off his back.

The tape was developed in Japan in the 1970s by Dr Kenzo Kase and is now taking professional sport by storm as stars put on the giant plasters to give their aching muscles more elasticity.



Beckham was introduced to Kinesio by Real Madrid's physios and wore the tape to devastating effect in their last game against Deportivo La Coruna where he set up two goals.

Real spokesman Dr Juan Carlos Hernandez said: "We've been using the Kinesio Taping for about a year.

"Other players have worn it before Beckham but after he was photographed with the tape the whole world is asking about it!"

"The tape is made from a special material with elastic properties that protects and supports the muscle and we have seen it produces excellent results."

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