TAKE A KINESIO TAPING® SEMINAR

KINESIO TAPE ASSESSMENTS, FUNDAMENTAL CONCEPTS, AND TECHNIQUES

Instructor: Elizabeth Harvey, DPT, MSR, CEIM

Seminar Description:
This 2 day course is designed to introduce participants to the science, assessment and application techniques of the Kinesio Taping® Method. Lecture Tutorials of the history, science and theory of stimulus transmission through skin and resulting therapeutic benefit across efferent and afferent systems is reviewed. Corrections for Epidermis, Dermis, Fascia, Space, and Muscle in case study format are presented. Lecture and demonstration by the instructor, then participants perform the Manual Assessments and Movement Assessments. Discussion of the assessment flow charts to determine correct applications and general progression of treatment clinically.

Day Two continues with instruction and demonstration of assessment and taping procedures for the Mechanical, Tendon, Ligament and Circulatory/Lymphatic Corrections in case study format. Time is allotted for questions and discussion of the assessment flow charts to determine correct applications and general progression of treatment clinically. Participants will receive a full color Kinesio Taping® Workbook and a 60-day access code to the KTAI database.

Authors: Kenzo Kase, DC and Graceann Forrester, DPT, CKTI

Course Fees:
$200 for Upstate AHEC Members
$400 for non-members of Upstate AHEC

Registration Deadline: January 30, 2018
Register online at www.upstateahec.org (click on the CE tab)

Cancellation Policy: Course fees are non-refundable after January 30, 2018. Substitutions/credit will be offered through Upstate AHEC. If applicable, registration fees will be refunded if a program is cancelled.

If you have any special accommodation needs, please contact Upstate AHEC at 864-349-1160 or info@upstateahec.org.
LEARNING OBJECTIVES:

- List unique qualities of Kinesio Tex Tape.
- List different physiological systems affected by Kinesio Tex Tape.
- List 3 contraindications and 3 precautions of using Kinesio Tex Tape.
- List best use for each type of Kinesio Tex Tape.
- Describe and demonstrate cutting different Kinesio Taping application tape shapes: I Strip, Y Strip, Web Cut, X Cut, etc.
- Describe one situation where it would be appropriate to use each different tape cut.
- Demonstrate one of the three methods of safely removing Kinesio Tex Tape from skin.
- Demonstrate appropriate use of Manual Direction Tests for tissue and muscle.
- Demonstrate use of Kinesio Screening Assessments to identify target tissue for treatment.
- Demonstrate proper application of Kinesio Epidermis, Dermis and Fascia Taping technique.
- Demonstrate proper application of corrective techniques: Fascia, Mechanical, Space, Functional, Lymphatic, Tendon, Ligament, and Muscle Correction.
- Identify appropriate tension range for each corrective technique.
- Describe difference between an underactive and overactive muscle correction application.
- Describe difference between ligament correction and tendon correction.
- List a condition that the Functional Correction would be used for.
- Describe the difference between "long and short oscillation" and "side to side oscillation" used in the Fascial Correction application.

AGENDA:

DAY 1 - KINESIO TAPING® ASSESSMENTS, FUNDAMENTAL CONCEPTS, AND TECHNIQUES

7:45  Sign In
8:00  Instructor Introduction & Bio
8:10 – 10:00 Intro Kinesio Taping® Concepts, Theory, History, Tape Qualities, Finger Demo, Precautions and Application Guidelines, Physiological Systems Affected, Convolutions Lab
10:00 Break
10:15 – 12:00 Tape Removal, Skin Stimulation Research, Kinesio Taping® Assessments & Labs: Epidermis and Dermis
12:00 Lunch
1:00 – 3:00pm Manual Direction Tests, Correction Labs: Fascia and Space
3:00 Break
3:15 - 5:20 Muscle Correction Theory and Labs, Kinesio Assessments and Labs: Longissimus Cervicis, and Scalenus Anterior
5:20 - 5:30 Q&A; Overview of Student Assessments on Day 2

DAY 2 - KINESIO TAPING® ASSESSMENTS, FUNDAMENTAL CONCEPTS, AND TECHNIQUES

7:45  Sign In
8:00 – 10:00 Overnight Responses, Assessments and Labs: Pectoralis Major, Rhomboid Major, Rectus Abdominis
10:00 Break
10:15 – 12:00 Kinesio Assessments and Labs: Gluteus Medius, Rectus Femoris; Q&A
12:00 Lunch
1:00 – 3:00pm Kinesio Taping® Corrective Techniques: Mechanical – shoulder, knee and ankle; Ligament,
3:00 Break
3:15 – 4:20 Kinesio Taping® Corrective Techniques: Tendon, Functional and Circulatory/Lymphatic
4:20 – 5:30 Documentation, Research, Glossary Review, Student Assessments, Q and A