KINESIO TAPING



Assessments, Fundamental Concepts & Techniques

DATE
March 26-27, 2021

TIME
7:30 AM - 5:30 PM
(Lunch On Your Own)

LOCATION
Upstate AHEC Training Room
104 South Venture Drive
Greenville, SC 29615

SEMINAR INSTRUCTOR

Elizabeth Harvey CKTI, PT, is a physical therapist specializing in treatment of patients with complex neurological and orthopedic involvement. She has over 16 years experience in early intervention, outpatient orthopedics, school-based and sub-acute rehabilitation settings. She is a Kinesio® Tape Instructor and has been using tape for over 11 years. She has worked with medically complex populations which has led to research and curriculum development, such as co-author of the PaSS Method® (Posture and Sensory Stimulation) and Sensory Point Tapings. Elizabeth earned a Bachelor of Science in Biology from Newberry College, a Master of Rehabilitation Science from the Medical University of South Carolina, and a Doctor of Physical Therapy from AT Still University. She is the owner of ABC Therapies, LLC.

TARGET AUDIENCE

Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants, Certified Athletic Trainers, Licensed Massage Therapists, Doctors of Chiropractic

COURSE REQUIREMENTS

In order to attend a Kinesio Taping seminar, each attendee must meet all of the following criteria:

1. **Must have completed 80 course hours of anatomy and physiology**
2. **Must have a working knowledge of the musculoskeletal system**
3. **Must be able to do assessments by evaluating and/or diagnosing injuries and conditions**
4. **Must have achieved or is a student in their junior or senior year (transcripts must be provided) working towards one or more of the following credentials:**
   ARNP, ATC, CAT(C), CCSP, CDP, CHT, CLT, CMBT, CMT, CNMT, COMT, COTA, COTA/L, CPO, CRN, CST, CT, CWS, DC, DO, DOM, DPT, Lac, LAT, LLCC, LMBT, LMP, LMT, LOT, LOTA, LPT, LPTA, MD, MDT, MLD, MOT, MOTR/L, MPT, MT, MTC, NCMT, NCTMB, NDT, NMD, NMT, NP, NRC, OCS, ODT, OMD, OPA, OT, OTA, OTC, OTR, OTR/L, PT, PT-C, PTA, PA, RMT, RN, RPT, RPTA, SLP, Paramedics, Kinesiotherapist and Kinesiologists.

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COURSE DESCRIPTION

2 day course designed to introduce participants to the science, assessment and application techniques of the Kinesio Taping® Method. Lecture Tutorials of the history, science andtheory 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.

Course Agenda: Day 1

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

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.

Course Agenda: Day 2

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

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REGISTRATION INFORMATION

Upstate AHEC Consortium Members:
$180 for Upstate AHEC members

Non-Consortium Members:
$360 for non-members

Important Note: **Participants should bring their own scissors and wear (or bring) proper attire for taping (preferred: tank top & shorts). Gloves and hand sanitizing stations will be available in the training room.**
To register: www.upstateahec.org > CE Tab > Live Courses > March

Registration Deadline: February 26, 2021. Registration includes required kit.

Included with your kit (included in registration price):

- Advance Healing Magazine
- 1 Roll - Light Touch+ Kinmokusei Orange
- 1 Roll - Performance+ Black with Logo
- 1 Roll - Kinesio Classic Blue
- 2 Rolls - Kinesio Tex Gold FP
- Sample of Kinesio EDF Pre-Cuts
- Sample of Kinesio Fan Cut
- Kinesio Folding Pouch - Black
- Kinesio Playbook
- What is Kinesio Brochure
- Research Booklet
- Information on Kinesio Products.

CONTINUING EDUCATION CREDIT

- **AOTA:** Kinesio University is a Nationally Approved Provider of Continuing education through the American Occupational Therapy Association, Inc. (AOTA) for Occupational Therapists. We have the AOTA Classification Code 2: “Occupational Therapy Process”. AOTA has awarded 16 CEUs for Day 1&2.
- **DC CEUs** are approved by Southern California University of Health Sciences.
- **NCBTMB:** Kinesio University is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as an approved continuing education provider. NCBTMB has awarded 16 CEUs for Day 1&2.
- **NCCAOM:** Kinesio University is an Internationally Approved Provider of continuing education through the National Certification Commission for Acupuncture and Oriental Medicine. NCCAOM has awarded 16 PDAs for Day 1&2.
- **PT CEUs:** Application for CEUs for physical therapists has been placed through the South Carolina American Physical Therapy Association (SCAPTA) by Upstate AHEC. Credit statements updated as application is approved.

***Kinesio University Seminars are accepted by many professional credentialing organizations and state professional regulatory boards.** Rules and regulations change frequently without notification, and apply differently to live and online courses. Please check with your state board to confirm course approval of contact hours. CE credits vary by state. Please check with your state board/certifying agency to confirm conversion of contact hours to CE.

Successful completion of the program requires attendance for 100 percent of the program and a completed evaluation, pre-test and post-test by the participant. No partial credit available.

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COURSE 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 TexTape.
- Describe + 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.
- Describe difference between an underactive and overactive muscle correction application.
- Identify appropriate tension range for each corrective technique.
- 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.

COVID-19 PANDEMIC NOTE

Your experience with AHEC live, in-person courses will look different for the foreseeable future as we navigate the current COVID-19 pandemic + related restrictions. Our commitment to you is that we will continue to make proactive decisions that are grounded in safety. We are taking the following steps at our events to help protect the health + well-being of our team + clients: making hand sanitizer available, limiting course size, contactless sign-in process, social distanced seating, + requiring face masks or coverings.

Americans with Disabilities Act (ADA): Upstate AHEC is committed to equality of educational opportunity and does not discriminate against applicants, students or employees on the basis of race, color, religion, sex, national origin, age, disability or veteran’s status. If you require reasonable accommodations for a disability in order to participate fully in a continuing education activity, call 864-349-1160 no later than one week before the date of the activity

Refund and Cancellation Policy: Upstate AHEC reserves the right to cancel an education program if enrollment is not sufficient to warrant offering the program. If a class must be cancelled for any reason, a full refund will be granted. In the event that Upstate AHEC should find it necessary to cancel or postpone a program for any reason including, but not limited to, registration responses, strikes, or acts of God, a full refund will be granted. Upstate AHEC will not be liable for registrants’ expenses.

Registrants canceling between 2 weeks and 48 hours prior to the program will receive a 75 percent refund. No refunds or credits will be given for cancellations received less than 48 hours prior to the program. No refunds or credits will be given for no-shows. Participant substitutions are welcome (please notify us in advance of the program). Cancellations must be made in writing (mail or email – registration@upstateahec.org).