

KINESIOLOGY Taping Workshop Master Class 1



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KINESIOLOGY TAPING INSTRUCTORS TEAM



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Physiotherapist 2003

ASPETAR NSMP Physiotherapist 2010

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Physiotherapist 2005

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Target Audience:

This is a highly practical workshop on KINESIOLOGY TAPING technique, designed and provided for sports physiotherapists.

Overall Learning Objectives

Following the completion of the course, the participants should be able to:

- Explain and apply the concepts of the Kinesiology Taping Method.
- Describe the unique characteristics of the Kinesiology Tape.
- Understand the principles of Kinesiology Tape application.
- Utilize and demonstrate application skills in guided practical sessions.
- Describe the various cutting techniques and their clinical applications.
- Apply an efficient method to normalize the muscle tonicity, decrease pain and swelling, restore range of motion.
- Apply various taping techniques for treatment of the spine and upper / lower extremity dysfunction.
- Formulate a clinical reasoning in a holistic way of thinking in order to identify, classify the problems and to choose the best techniques to apply.

DAY 1 - Learning objectives

Participants should be able to:

- Explain and apply the concepts of the Kinesiology Taping Method.
- Differentiate and describe the particular characteristics of Kinesiology Tape.
- Utilize and demonstrate application skills in guided practical sessions for the basic techniques.

8.30 – 9.30	Introduction, history, characteristics, indications	Lecture
9.30 – 10.30	Concept of kinesiology taping method	Lecture
10.30 – 11.00	The four basic techniques	Lecture
11.00 – 11.15	Break	
11.15 – 11.25	Muscle technique	Practical
11.25 – 11.45	Ligament technique	Practical
11.45 – 12.05	Fascia technique	Practical
12.05 – 12.25	Correctional technique	Practical
12.25 – 13.30	Integration of pathologies	Practical

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DAY 2 - Learning objectives

Participants should be able to:

- Perform a clear assessment according to the Kinesiology Taping Method Concept
- Detect, experiment, and conclude the therapy key points, in order to choose the best application, which will solve the problem.
- Apply an efficient method to normalize the muscle tonicity, decrease pain and swelling, restore range of motion.
- Apply various taping techniques for treatment of the spine and upper / lower extremity dysfunction.

8.30 - 9.30	Review of the first day (questions)	Interactive
9.30 -10.00	Screening tests and observation	Lecture
10.00 -10.30	The four basic techniques	Lecture
10.30 - 10.45	Break	
10.45 - 12.00	Upper limb and spin	Practical
12.00 - 13.30	Lower limb	Practical

DAY 3 - Learning objectives

Participants should be able to:

- Formulate a clinical reasoning in a holistic way of thinking in order to identify, classify the problems and to choose the best techniques to apply.
- Analyze a real case from field, provide a hypothetical solution, justify it with the application
- Justify the choice of the techniques that they applied.

8.30 - 9.30	Refresh of the basic techniques	Interactive
9.30 -10.00	Place to the questions / answers	Interactive
10.00- 10.30	Subdivision of 5 groups for 5 topics	Interactive
10.30 - 10.45	Break	
10.45 - 11.30	Each group (assessment/tests/ diagnosis/ application)	Interactive
11.30 - 12.15	Written evaluation	Interactive
12.15 - 13.30	Correction and end of session	Interactive

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