



Vernon's very own fully body k1 and 2 Kinesio-Taping course

**Kinesio taping is used for stabilization of muscle and joints, reducing inflammation and edema and helping with neuromuscular facilitation. To learn more see <http://www.kinesiotaping.com/>**

**DATE:** August 14 and 15

**Contact Tim Craven 250 938 3040 or [timcraven@hotmail.com](mailto:timcraven@hotmail.com) for more info**

**Continuing Education Units:** 14 Pe/A2 continuing education credits

Instructors Name: **Harvey Makortoff**, BScPT, BScKines, CKTI , for Bio go to <http://www.kinesiotaping.com/instructors.php>

**Cost –** students \$300 and \$350 for RMT`s this is based on 10 people there will be a discount if we reach 20 normally the cost ranges from \$550 to \$600

Fees cover textbooks instructor, taping material

Organized by Tim Craven; after deciding that I wanted to take the course I have organized it in Vernon at Ovcmt and found a Kinesio Canada certified instructor on holiday in August that is willing teach this course for a very reasonable price.

## **COURSE OBJECTIVES**

Upon completion of this course, including the lecture, demonstration and lab, the participant will be able to:

- Describe the concepts of Kinesio Taping.
- Review muscular anatomy as it is related to Kinesio Taping.
- explain and apply the concepts of the Kinesio Taping Method.
- Describe the unique qualities of the Kinesio Tex Tape.
- Recognize the principles of Kinesio Tex Tape application.
- Utilize and demonstrate application skills in guided laboratory sessions.
- Demonstrate application skills during lab sessions.
- Practice the various cutting techniques and their clinical application.
- Apply Kinesio Taping method to relax and stimulate muscles.
- Apply Kinesio Taping methods for pain, swelling, joint mobility and stability.
- Apply various taping techniques for treatment of the spine, and upper/ lower extremity dysfunction
- Apply various taping techniques for treatment of unique conditions using the concepts and principals of the Kinesio Taping Method.

**Who Should Attend?** PTs, OTs, ATCs, DCs, LACs, MTs, PTAs, OTAs and other medical practitioners. [THIS COURSE IS INTENDED FOR LICENSED HEALTH CARE PRACTITIONERS ONLY](#)

**Enrollment:** there is a 26 person maximum for this course and I must receive a down deposit of \$150 by July 5<sup>th</sup> in order to order textbooks and taping materials

Please bring your own scissors and wear proper attire for taping (tank top & shorts)

## KINESIO TAPING® AGENDA

Day 1 – Fundamental Kinesio Taping

Day 2- Advanced Kinesio Taping

7:30	Registration
8:00	Instructor Introduction and Bio
8:10 – 10:00	Intro Kinesio Taping Concepts, Theory, History; Tape Qualities. Finger Demo: Intro five major Physiological Effects; Skin, Circulatory & Fascia Function; Sacrospinalis Demo; Fascia & Muscle Function; Basic Application Concepts;
10:00	Break
10:15- 11:30	Joint Function; Biotensegrity; Application Basics, Prep, Precautions; Intro to KT Assessment Tests; Q&A
11:30	Lunch
12:30- 3:00	KT Assessments & Labs: Cervical Paraspinals; Scalenes Anterior; Latissimus Dorsai; Pec major & Rhomboid; Gluteus Medius
3:00	Break
3:15 – 4:30	KT Assessments & Labs Cont.: Quadriceps Femoris; Ext. Digitorum; Hamstrings; Extensor Policis Longus
4:30- 5:30	Assessment Q&A; KT1 Review & Q&A, Application Requests; Conclusion

8:00 – 10:05	Overnight Responses, Trouble Shooting: Basic Concepts of Corrective Techniques, Tension; Mechanical Correction: Patellar Tracking, Shoulder Instability
10:05	Break
10:20	Fascia Correction: Lateral Epicondylitis, ITB
11:30	Lunch
12:30 – 3:10	Space, Tendon & Ligament Correction: Elbow, Lumbar, Carpal Tunnel, Achilles, Knee, MCL
3:10	Break
3:25 – 5:10	Tendon Correction Cont.: Plantar Fasciitis; Function Correction: Ankle and Wrist; Circulatory/Lymphatic Correction: Edema of Calf &/or Foot, Finger Sprain
5:10 – 5:30	Assessment Questions, Glossary Review, Application Requests; Q&A; Conclusion