



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 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 5th 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