

The Kinesio Taping Foundations Course

The Kinesio Taping Foundations Course will present all the concepts and techniques of Kinesio Taping in an expedited course format. This course will be held over an 16 Hour two-day period with a 4 Hour Pre-course. The Kinesio Pre-course must be completed prior to attending course. The first day will present an overview of the development of the Kinesio Taping Method, Fundamental concepts, assessments and screening tests, and begin to introduce Kinesio Correction taping techniques. After completing fundamental concepts, the course will move into advanced techniques and clinical reasoning. Attendees will problem solve complex clinical cases requiring the application of multiple Kinesio taping techniques. Lab sessions will provide time to practice assessments and screenings, plus applying techniques to a variety of upper and lower body conditions. Instructors will provide personalized feedback to each attendee to insure a thorough grasp of the taping concepts and techniques.

Course Objectives

- List the best use for each type of Kinesio Tex Tape.
- Describe and demonstrate cutting at least 4 different Kinesio Taping application tape shapes: I Strip, Y Strip, Web Cut, X Cut, ETC.
- Describe a situation where it would be appropriate to use different tape cuts.
- Demonstrate the appropriate use of KMT, EDF, and Kinesio Assessments.
- Demonstrate a method of safely removing Kinesio Tex Tape from skin.
- Demonstrate the use of Kinesio Screening Assessments to identify target tissue for treatment.
- Demonstrate the proper application of Kinesio Epidermis, Dermis and Fascia Taping technique.
- Demonstrate the proper application of corrective techniques: Fascia, Mechanical, Space, Functional, Lymphatic, Tendon, Ligament and Muscle Correction.
- Describe the difference between an underactive and overactive muscle correction application.
- Identify appropriate tension range for each corrective technique.
- Describe the difference between a ligament correction and tendon correction.
- Demonstrate application of advanced Epidermis Correction Technique- Web Layering.
- Demonstrate application of advanced Dermis Correction technique- Jellyfish.
- Demonstrate application of advanced Fascia Correction Techniques- Rams Head and Manual Fascial Glide.
- Demonstrate application of advanced Circulatory Lymphatic Correction Technique- Basket Weave.
- Demonstrate the application of advanced Space Correction Technique- Scar Management Techniques.
- Demonstrate integration of Muscle Direction Tests, Screening Assessments, and Corrective Techniques to treat complex injuries such as Whiplash, Shoulder Impingement, and Chronic Knee Pain.
- In a small group setting identify 3 items on a problem list and goal list from specified case studies and develop appropriate interventions using tape as a modality and defend to the class.
- Be able to apply the Kinesio Medical Taping method to a variety of muscular, orthopedic and neurological conditions.