KT1—Fundamentals of Kinesio Taping Course Outline

Purpose: To give an overview of basic muscle taping applications, the history and concepts of Kinesio Tape.
Required Text: Kinesio Taping Work Books (WB) 1-4—pg references for taping
Suggested Text: Illustrated Kinesio Taping(IKT)—pg references for muscle taping

Course Objectives:

1. Be able to describe basic application principles, differentiating taping from P→D (O→I) and D→P (I→O)
2. Demonstrate correct application of Kinesio Tape using basic I, Y, and X strips.
3. Understand the benefits and limitations of Kinesio Tape.

7:45 Registration and set-up
8:00 Introduction
8:15 Kinesio Taping Method—WB1, pg2-4; IKT pg 6-12
History, Concepts, Qualities
Intro Lab
"Peel" and "Tear" backing
Elasticity—longitudinal vs cross-wise
% stretch
5 major physiological effects
Basic Muscle application demo—Sacrospinalis—WB2, p12; IKTp72
Continuing concepts and theories
Muscle function
Muscle Application "direction" Tape--Upper Trapezius WB1, p12
10:30 Break Joint function, Biotensiegrity
Application Principles and Rules
KinesioTaping Tools
Introduction to Database and KT Assessment Screening
12:15 KT cervical Flexion Assessment; Muscle application Cervical paraspinals WB4, p58-61
KT Cervical Extension Assessment; Muscle application Scalenius Anterior WB1, p22
13:00-14:00 Lunch
14:00 KT Trunk Flexion Assessment muscle example Sacrospinalis—already demo'd
Quadriceps femoris WB3, p28
KT Pectoral Girdle Assessment; Muscle application Rhomboid Major-WB4, p4; IKTp22
Pectoralis Major WB1, p36
KT Hip Rotation Assessment; Muscle application Gluteus Medius- WB2, p30; IKTp8
KT Leg raise Assessment; Muscle application Gastrocnemius Soleus WB3, p40; IKTp94
15:00 Muscle applications Lab
Deltoid-WB3, p10; IKTp14
Commonn Wrist Extensors
EPL-WB4, p50; IKTp40
17:00 Review of Principles, Questions
17:30 Course ends

Supplemental Taping Techniques*
Biceps Brachii
Peroneus Longus-WB3, p42; IKTp98
Piriformis- WB2, p34; IKTp88
Palmaris Longus- WB1, p 46; IKTp38

*as time permits; actual demonstration and practice labs may vary
8.0 contact education hours (CEU's) Rev April/09kjw