

KT3 Advanced Whole Body Orthopedic and Sports Kinesio Taping

Purpose: Assimilate and progress clinical problem solving skills using the Kinesio Taping Method

Required Text: Kinesio Taping Work Books (bring from KT1&2)

Suggested Text: Clinical Therapeutic Applications of the Kinesio Taping Method (page #'s in parenthesis)

Course Objectives:

1. Demonstrate ability to problem solve clinical case studies and utilization of Kinesio Tape to effectively enhance patient status/progress.
2. Fulfill requirements for Kinesio Taping Practitioner Certification through Kinesio Taping Association, USA.

Day 1

8:00 Registration and set up
8:20 Introductions
8:30 Success Stories, Troubleshooting, Questions
Review of Kinesio Tape concepts, theories
Review of Corrective Techniques
10:30 Clinical Concepts
Shoulder Impingement
Whiplash, Cervical Pain
Chondromalacia Patella
11:15 Break
11:30 Advanced Concept: Fascial Manual Glide
Advanced Concept: "Basket Weave"
"Directional Pull Scar Application"
"Pitting Scars"
1:00 Clinical Condition Applications
Lower extremity—Hamstring Strain(p143)
1:30-2:30 Lunch
2:30-6:00 Clinical Condition Applications*
Hand/Wrist—TFCC Wrist sprain (p120)
Finger Sprain—radio and ulnar collateral
ligaments WB5 p56 (p125)
Knee—Patellar Tendinitis--"Jumper's
Knee"(p156); Osgood Schlatter (p170)
Forward Head Posture
Ankle/Foot—Hallux Valgus (p205)
Neck/Back—Sciatica, Brachial
Neuropraxia (p151, 70)
Shoulder—Instability (p58)

Day 2

8:30 Questions
8:45-11:30 Clinical Conditions
Combined Shoulder technique
Sinus congestion
Ankle Sprain Mulligan principle
Day 2--- Clinical Conditions continued;
At least 4 will be presented*
Upper extremity
Adhesive Capsulitis Shoulder (p65)
Gamekeeper's Thumb
De Quervains (p123)
Medial/Lateral Epicondylitis (p102)
Lower Extremity
Trochanteric Bursitis
Medial Tibial Stress Syndrome
"Shin Splints" (p243)
Patello-Femoral Tracking (p163)
ACL Sprain
Turf Toe
Spine
Erector Spinae LS strain (p83)
Spondylolysis/ spondylolesthesis (p89)
11:30-12:30 Clinical examples, Questions,
Course Evaluations

*Actual applications demonstrated may vary depending on participant interest and time.