

Kinesio Taping III – Advanced Specific Kinesio Taping (Sport Applications)

COURSE OBJECTIVES

Upon completion of this course, the participant will be able to:

- Explain and apply the concepts of the Kinesio Taping Method.
- Describe the unique qualities of the Kinesio Tex® Tape.
- Understand the principles of Kinesio Tex® Tape application.
- Utilize and demonstrate application skills in guided laboratory sessions.
- Describe the various cutting techniques and their clinical applications.
- Apply a time-efficient method to decrease muscle spasm, pain and swelling.
- Apply various taping techniques for treatment of the spine and upper / lower extremity dysfunction.

FACILITY: WhyKnot Massage
1515 Shopton Road, Suite 100
Charlotte, NC 28217

DATES: April 17th, 2010

KTA hosts seminars in facilities that are ADA accessible. Please let KTA and/or WhyKnot Massage know if you need any special accommodation.

INSTRUCTOR

Graceann G. Forrester - PT, DPT, CKTI

Dr. Forrester earned her Physical Therapy degree from New York University and finished her Doctorate PT degree at Boston University. In New York, she treats patients of all ages for neuromuscular, traumatic, and repetitive injuries. She has developed a program to enhance strengths and life skills of pulmonary patients. She taught clinical Physical Therapy classes for Ithaca College and has developed workshops for NY industries called "Promoting a Healthy Back". She also sees clients as a Certified Personal Trainer and Pilates Instructor. Dr. Forrester serves on the KTA Board of Education as Curriculum Chair, teaching in Russia, the UK, and Italy. She is also a board member of Hope Unites, an "international ecumenical organization specializing in humanitarian aid and disaster relief". Dr. Forrester lives in NY with her husband and 4 children.

KINESIO TAPING® AGENDA

Advanced Specific Kinesio Taping – Sport Application

7:30	Registration
8:00 – 8:20	Success Stories, Trouble Shooting, and Questions
8:20 – 8:40	Questions about Evaluation and Assessment, KT I and II Review
8:40 – 9:15	Shoulder Impingement and Lab
9:15 – 9:40	Whiplash/Cervical Pain and Lab
9:40 – 10:05	Chondromalaysia Patella and Lab
10:05 – 10:20	Break
10:20 – 10:45	Fascial Correction – Manual Glide
10:45 – 11:10	"Basket Weave" Technique
11:10 – 11:25	Intro to Kinesio Scar Tapings
11:25 – 12:00	Scar Management
12:00 – 1:00	Lunch
1:00 – 1:20	Rotational Limb Corrections
1:20 – 1:40	Respiratory Conditions
1:40 – 2:00	Neurological Taping: Brachial Plexus
2:00 – 2:40	Low Back Pain and Core Stability
2:40 – 3:00	Neurological Taping: Sciatic Nerve
3:00 – 3:20	Shin Splints
3:20 – 3:40	Ankle Sprains
3:40 – 4:00	Hallux Valgus
4:00 – 4:20	Upper Extremity Edema
4:20 – 4:40	Elbow Hyperextension
4:40 – 5:00	Dequervain's
5:00 – 5:30	Treatment Progressions
5:30 – 6:00	Contraindications and Precautions
6:00 – 6:30	Participant Request and Q & A

WHO SHOULD ATTEND? PTs, OTs, PTAs, OTAs, LMBTs, and other medical practitioners. THIS COURSE IS INTENDED FOR LICENSED HEALTH CARE PRACTITIONERS

SEMINAR FEE:

- Early Bird*: \$159.00
- Regular: \$199.00
- Please make checks payable to WhyKnot Massage. Credit Card payments may be processed via our PayPal account accessible via our website. Price includes full-color reference workbooks, Kinesio Tex Tape to use during lab sessions, continental breakfast, and refreshments.

* The Early Bird discount applies for registration received at least 4 weeks in advance of class date.

CANCELLATION AND REFUNDS: Registration fee, less 20%, will be refunded if written cancellation is received 30 days prior to the seminar. No refunds will be given after that date. The Kinesio Taping Association and/or WhyKnot Massage reserves the right to cancel at any time with full refund.

CEU's: You can submit for up to 8 hours of continuing education credits. The Noelle-Mae Corporation (dba WhyKnot Massage) is an approved multi-activity provider with the North Carolina Physical Therapy Association (NCPTA Provider #10-0127-001MA) and has applied for Organizational Provider status with the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Please note that WhyKnot Massage is not approved by the AOTA to offer CEU credits for this KT3 course.

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

Contact for Registration

WhyKnot Massage
 Jessica Hooks, Event Coordinator
 Phone: 704-529-2400
 Fax: 704-529-2481
 Jessica@whyknot-massage.com