

Outline

PRINCIPLES OF KINESIOLOGY TAPING

- ◆ Evolution of kinesiology taping
 - Old vs. new concepts
- ◆ Differences between kinesiology tapes
 - Features and characteristics
- ◆ Evidence supporting kinesiology taping

THE NEUROSENSORY POWER OF TAPING

- ◆ Physiological/neurological benefits of taping
- ◆ Skin-brain connection
 - Peripheral nerves
 - Sensory system/receptors
 - Histology of skin

FUNDAMENTAL TAPING TECHNIQUES AND TREATMENT STRATEGIES

- ◆ Types of taping
- ◆ Techniques
- ◆ Cuts
- ◆ Tension
- ◆ Care tips
- ◆ Indications/contraindications
- ◆ Combining taping with movement

Hands-On Lab

PAIN TAPING

- ◆ Methods and application
- ◆ Effects and benefits
 - Upper extremity
 - Trunk/Lower extremity

Hands-On Lab

FLUID DYNAMICS TAPING

- ◆ Methods and application
- ◆ Effects and benefits
- ◆ Decompression strategy vs. compression strategy

Hands-On Lab

POSTURE TAPING

- ◆ Methods and application
- ◆ Effects and benefits
- ◆ Postural taping framework
- ◆ Posture evaluation from head to toe
- ◆ Common postural dysfunctions
- ◆ Exercise interventions

Hands-On Lab

SCAR TAPING

- ◆ Methods and application
- ◆ Effects and benefits
- ◆ Scar tissue assessment
- ◆ Scar tissue framework
- ◆ Special populations and conditions

Hands-On Lab

NEURO TAPING

- ◆ Methods and applications
- ◆ Effects and benefits
- ◆ Nerve tract irritation
- ◆ Upper and lower extremities

Hands-On Lab

CODING AND DOCUMENTATION FOR REIMBURSEMENT

CASE STUDIES AND PROBLEM SOLVING

Who Should Attend

- ◆ Physical Therapists
- ◆ Physical Therapist Assistants
- ◆ Occupational Therapists
- ◆ Occupational Therapy Assistants
- ◆ Athletic Trainers
- ◆ Massage Therapists
- ◆ Personal Trainers

Live Seminar Schedule

7:30: Registration/Morning Coffee & Tea

8:00: Program begins

11:50-1:00: Lunch (on your own)

5:30: Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

This program is a member of RockTape's Functional Movement Techniques (FMT) Certification Series. No previous FMT coursework is required to attend.



What to Wear

Please wear comfortable and loose clothing for labs. Shorts are recommended.

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Discover taping techniques to:

- ◆ Improve movement and motor control
- ◆ Enhance coordination and proprioception
- ◆ Address pain and nerve entrapments
- ◆ Increase mobility and stability
- ◆ Build sensory awareness
- ◆ Correct postural imbalances
- ◆ Reduce scarring and improving scar mobility
- ◆ Manage edema/swelling/bruising

Fairfax, VA
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December 6, 2018

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this hands-on 8-hour seminar, powered by RockTape

Kinesiology Taping Practitioner Certification

Combining Taping & Movement to Improve Functional Outcomes

★★★★★
I work with a lot of stroke patients and older patients with pain, and I can see this being very beneficial to treatment.
— PT

★★★★★
Awesome class! I really learned a lot about taping techniques I can use in my daily practice for pediatric, athletic, and geriatric populations. Instructor is very knowledgeable and entertaining.
— PT

★★★★★
I already have so many patients running through my head that I can use this information with!
— OT

Learn effective taping techniques to improve patient function,
correct postural imbalances, reduce pain, and prevent injury

Includes treatments for:

- ◆ Nerve entrapments
- ◆ Lumbar sprain/strain
- ◆ Cervical sprain/strain
- ◆ Lateral & medial epicondylitis/itis
- ◆ Shoulder impingement
- ◆ Scarring
- ◆ Edema
- ◆ Postural imbalances
- ◆ Carpal tunnel syndrome
- ◆ Patellofemoral disorders
- ◆ Shin splints
- ◆ Achilles tendinitis/itis
- ◆ Plantar fasciitis
- ◆ And more!

Fairfax, VA
Tuesday
December 4, 2018

Frederick, MD
Wednesday
December 5, 2018

Baltimore, MD
Thursday
December 6, 2018



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Kinesiology Taping, Redefined

From sports medicine to stroke rehab, kinesiology tape has rapidly gained popularity in rehabilitation due to its unique ability to improve movement and function. One the most versatile treatment tools in rehab, taping has been shown to improve outcomes with a vast variety of therapies, including functional movement therapies, manual therapy, splinting, Neuro-Developmental Treatment (NDT), Hippo- and Aquatic Therapies, and more.

This hands-on certification seminar will equip you with all the skills you'll need to begin taping patients across the continuum of care. Explore the fundamentals of modern taping techniques, discover advanced interventions that integrate the latest neuroscience research, and learn how to combine taping with functional movement to produce the kinds of active treatments that are revolutionizing rehab. Numerous case studies will be presented that demonstrate how taping can help deliver superior rehab outcomes, and hands-on labs throughout the program will show you how to get impressive results with your patients.

Speaker

STACEY THOMAS, LMT, SFMA, FMS, ART, NKT, CF-L2, has been dedicated to human movement and athletic performance for 20 years. A sports massage therapist who is credentialed by the most respected educational organizations regarding human movement, performance training, and soft tissue treatment, Ms. Thomas is continuously expanding her knowledge of the human form in motion. You can find her in one of her three Front Range clinics treating athletes, coaching a mobility class, or teaching national seminars on kinesiology taping and IASTM. She has been a featured author in massage publications regarding the use of kinesiology tape in treatment as well as a guest speaker at various conferences pertaining to movement as it relates to sport and functional strength.

A former competitive adventure and mountain bike racer, runner, and CrossFit™ athlete, she's fully aware of the dedication needed to achieve and exceed one's goals. Professionally, she's managed large fitness facilities as the lead trainer, taught educational programs for trainers obtaining their certifications, as well as offered many health and wellness insights to groups through public speaking, writing for publications, and sporting events. She is a proud member of the Alpine Rescue Team, a volunteer EMT, mom to four awesome rescue dogs, and a very happy plant-based athlete.

Speaker Disclosure: Financial: Stacey Thomas is owner of Altitude Aptitude. She receives a speaking honorarium from Rocktape. Ms. Thomas receives a speaking honorarium from PESI, Inc. Non-financial: Stacey Thomas has no relevant non-financial relationship to disclose.

Objectives

- ◆ Review the principles and physiological/neurological effects of kinesiology taping.
- ◆ Discuss how to apply tape with appropriate tension for best results, comparing common taping techniques and reviewing indications/contraindications for each.
- ◆ Demonstrate taping techniques for reducing pain.
- ◆ Demonstrate taping techniques for managing edema, swelling, and bruising.
- ◆ Demonstrate taping techniques for addressing nerve entrapments.
- ◆ Demonstrate taping techniques for correcting postural imbalances.
- ◆ Demonstrate taping techniques for reducing scarring and improving scar mobility.
- ◆ Develop taping applications based on your assessment/ treatment approach and the individual needs of your patient.



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ATHLETIC TRAINERS: PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.25 hours of Category A continuing education.

EXERCISE PHYSIOLOGISTS: ASEP members will earn 5.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

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PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/ jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

MARYLAND PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

VIRGINIA PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Virginia Physical Therapy Association. Credit is pending.

WEST VIRGINIA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the West Virginia Board of Physical Therapy for review. Credit is pending. "Approval of this course does not necessarily imply that the WV Board of Physical Therapy supports the views of the presenter or sponsor."

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

How to Register

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WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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\$15* Kinesiology Tape [2" x 16.4" - beige] (OEQ085645)

\$25* Kinesiology Tape [4" x 16.4" - beige] (OEQ085650)

\$75* Kinesiology Tape [2" x 105" - beige] (OEQ085655)

\$350* RockBlades 2.0 - Complete Soft Tissue IASTM System (OEQ085640)

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