



Kinesio® Taping Fundamentals

Saturday & Sunday
November 4 - 5, 2017
8 a.m. - 5:30 p.m. both days

Location:

Southern Regional AHEC
1601 Owen Drive
Fayetteville, NC 28304

Target Audience

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, Athletic Trainers, Massage Therapists, Chiropractors, and any interested licensed health or fitness professionals.

Program Description

Kinesio Taping® Assessments, Fundamental Concepts and Techniques.

The two-day course is designed to introduce participants to the science, assessment and step-by-step application techniques of the Kinesio Taping® Method. The first day includes lecture tutorials of the history and development of Kinesio Tex® Tapes and the Kinesio Taping® Method. The science and theory regarding how stimulus is transmitted through the skin and the resulting therapeutic benefit across efferent and afferent systems is reviewed. Taping concepts are presented in a “superficial to deep” progression. Day one includes corrections for Epidermis, Dermis, Superficial and Deep Fascia, Space and Muscle in case study format for a variety of conditions. Each application is explained and demonstrated by the instructor. During the ample lab time, participants then perform the manual assessments and movement assessments and follow the step-by-step instructions for the correct taping technique based on the case study presented. Time is allotted for questions and group discussions of the assessment flow charts to determine the correct application and general progression of clinical reasoning and treatment for each correction and cut of tape, its position and its tension. These applications will be part of clinical services and intervention procedures for disorders within the participant’s discipline and scope of practice. Participants will be instructed on the testing rubric for day two.

Day two builds on the material from day one, completing the Muscle Corrections with assessments and labs. This day continues with instruction and demonstration of assessment and taping procedures for the Mechanical, Tendon, Ligament and Circulatory/Lymphatic corrections in case study format. During lab sessions, participants will have ample time to practice new manual and movement assessments and correct taping techniques for conditions involving head positioning, cervical, thoracic and lumbar spine, upper limbs, lower limbs and trunk. Time is allotted for questions and discussion of the assessment flow charts to determine correct application and general progression of clinical treatment. At the conclusion of day two, participants are required to participate in a practical exam of a basic taping technique. The participant must pass the exam to attain the CEU certificate for this course. All participants will receive a full color Kinesio Taping® Workbook and a complimentary 60-day access code to the Kinesio Taping® Association International database.

In order for participants to receive credit, they must attend both workshop days. No partial credit will be given.

Here is what you need to bring:

- Clothing appropriate for taping a lot of muscles (we will be taping almost every part of the body, including Glute Medius). Ladies, Moving Comfort sells a sports bra with detachable shoulder straps. Loose-fitting sports shorts work the best. Tight shorts or capris are not acceptable. Please bring or wear a sweater or sweat shirt as the room temperature tends to be a bit on the cool side.
- Men, less hair is better than more hair, if you actually want to feel the Kinesio Tape® work. You don't need to shave, but if you could trim up a bit that would be great.
- The best pair of scissors that you own. Everyone has to have a pair of scissors - sharing is not an option.

Objectives for Two-day program

Upon completion of this two-day program, participants will be able to:

- Identify and list three indications, four precautions and four contraindications for applying tape for multiple conditions. (Cognitive Domain)
- Identify the six major physiological systems that are affected by tape. (Cognitive Domain)
- As a novice tapper, design an individualized treatment program from acute through the rehabilitation stages using tape as a modality. (Cognitive Domain)
- Demonstrate the basic understanding and competence in manual direction assessments (tissue and muscle) and six screening assessments (Psychomotor Domain)
- Demonstrate basic competence throughout the two-day course within 27 labs. (Psychomotor Domain)
- Demonstrate basic competency by passing a practical exam at the end of day two (Psychomotor Domain)
- Appreciate the rationale for altering tension below 50% tension and I, Y and web cuts of tape to vary stimulus necessary for therapeutic benefit of tape (Affective Domain)
- Appreciate the different stimulation from cut and tension using the Kinesio Taping® method (Affective Domain)
- Appreciate the differences in properties for five different manufacturer’s tapes per research review (Affective Domain)
- Demonstrate increased understanding of pretense for taping as a modality by increasing number of correct answers on post-test as compared to pretest.

Fee

\$599 if payment and registration is received by October 26, \$624 thereafter.

Group Discounts available for 3 or more registering on one form of payment together \$539/\$562.

Full time students (with proof of student status) \$539/\$56.2



Speaker

Pete Pfannerstill, PhD, LMT, CKTI, Owner UltraSports Massage Therapy Inc.

Dr. Pfannerstill has been a licensed sports massage therapist since 1997. He is an active member in the American Massage Therapy Association and is Board certified by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Pete is a continuing education provider, approved by the State of Florida (#50-2081) and the NCBTMB (#386613- 00), teaching sports massage courses and the Kinesio Taping® Method as a Certified Kinesio Taping Instructor. Pete was selected by the 2004 Athens Health Services Sports Massage Team for the Athens Olympic Games. He is a Level 2 Olympic Sports Massage Therapist in the USOC Volunteer Sports Medicine Program.

Credit

16 NCBPTE Contact Hours
16 BOC CEUs for Athletic Trainers
1.6 CEU
16 Contact Hours
16 NCBTMB Contact Hours

As part of the NC AHEC system, SR-AHEC is an approved provider by the North Carolina Board of Physical Therapy Examiners with regard to activities directly related to physical therapy for continued competence.



NC Area Health Education Center is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Request for pre-approval has been submitted to the NC Board of Occupational Therapy.



UltraSports Massage Therapy Inc. will provide 16 CE hours through NCBTMB Providership.

Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 48 business hours before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

Contact

Andrea Novak, PhD, RN-BC, FAEN, Administrator of Nursing, Allied & Public Health Continuing Education/ 910-678-7216
andrea.novak@sr-ahec.org/

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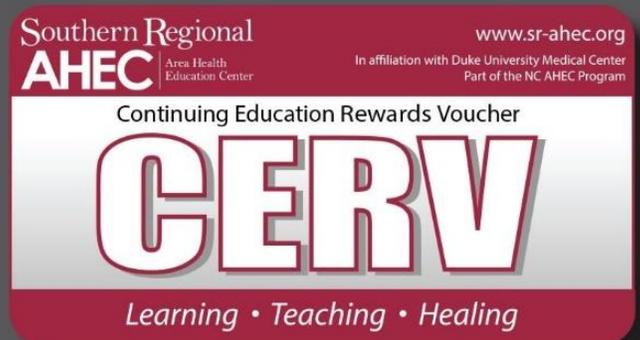
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*Not redeemable for CME series or contract programs and must be initialed by SR-AHEC personnel at current program.

Registration Form

Form may be duplicated.

Kinesio Taping® Fundamentals

CASCE #52406 / AH171104

Phone: 910-678-7226 **Fax:** 910-323-0674

Online: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=52406>

Mail: SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

Name _____ Last 4 digits of SS# _____

Certifications/Degrees _____ Specialty Area _____ Are you an NCC? _____

Employer _____ Job Title _____

Work Address _____ City _____ State _____ Zip Code _____

Home Address _____ City _____ State _____ Zip Code _____

Phone (work) _____ (home) _____

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary) _____ (secondary) _____

Do not send email announcements of upcoming SR-AHEC programs. Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies _____

Payment Information

I will be attending the program(s) on: Tuesday Wednesday Both Days

Check (Make payable to SR-AHEC)

Mastercard / Visa # _____ Expiration Date (mm/yy) _____

Name on Card _____ Signature _____

The printed handouts for the program will be provided on-site only. Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <http://sr-ahec.org/ContinuingEd/CE.html>

SR-AHEC.org
1601 Owen Drive • Fayetteville, NC 28304
(910) 678-7226

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