



# Kinesio® Taping KT1 and KT2

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

## Program Description

### KT1 Fundamental Concepts, Screening/Muscle Test & Muscle Applications.

The KT1 course is designed to introduce practitioners to the Kinesio Taping® Method. Over the course of this 8 hour class, the instructor will discuss the fundamental concepts of the Kinesio® Taping Method and the unique properties and use of Kinesio® Tex Tape. During lab sessions, attendees will have ample time to practice screening and muscle testing created for the enhancement of your KT skills and muscle applications for both the upper and lower body. Upon completion of this course, attendees will be able to discuss and apply the Kinesio Taping® Method to relax overuse syndromes, stimulate weak muscles, and decrease pain and swelling. In addition to instruction provided by a Certified Kinesio Taping Instructor (CKTI), the attendee will receive 2 full-color Kinesio Taping® Method workbooks (KT1 Workbook 1) to augment their training.

### KT2 Advanced Concepts & Corrective Technique (Prerequisite: KT1 course)

The KT2 course builds on material learned in KT1. During this 8 hour class, the instructor will introduce the six Corrective Techniques (Mechanical, Functional, Space, Fascia, Ligament/Tendon, and Lymphatic) and discuss their application in a variety of clinical conditions. During lab sessions, attendees will have ample time to practice applying these techniques to a variety of upper and lower body conditions. Upon completion of this course, attendees will be able to discuss and apply the KT Method to orthopedic & neurological conditions. Attendees will receive Workbook 2 (KT Corrective Techniques and Clinical Applications) to augment their training.

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

Upon completion of this knowledge based program, the participant should be able to:

- Correctly describe the fundamental concepts of Kinesio Taping® Method
- Accurately describe the unique qualities of Kinesio Tex® Tape
- Apply the Kinesio Taping® Method correctly to relax and stimulate muscles
- Correctly apply the 6 corrective techniques of the Kinesio Taping® Method in guided laboratory sessions
- Apply the Kinesio Taping® Method correctly for pain, swelling, joint mobility, and stability
- Correctly apply Kinesio Taping® Method techniques for treatment of select clinical conditions using the concepts and principles of the Kinesio Taping® Method

## 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, the Florida State Massage Therapy Association (FSMTA) and is nationally 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. He serves on the Kinesio Taping Association Education Committee.

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. From 1999-2007, he worked as a massage therapist in the New York Yankees system.

## Credit

16 NCBPTE Contact Hours  
16 BOC CEUs for Athletic Trainers  
1.6 CEU  
16 Contact Hours  
16 NCBOMT 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 NCBOMT 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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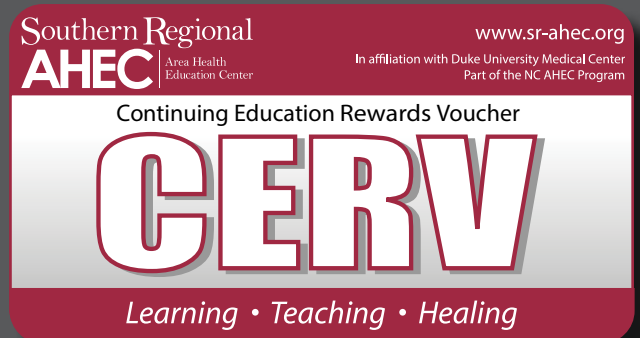
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Would you like \$35 toward one of our programs? It's yours with your Continuing Education Rewards Voucher (CERV). When you attend your next program with us, you will receive a CERV card. Bring it with you each time you attend a program and one of our continuing education staff members will initial it for you. After you have attended five programs, your card can be redeemed for \$35 toward a \*future program. It's just our way to saying, "thanks" to great customers, like you!



*\*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 KT1 & KT2**  
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 handouts for the program will be provided online through MyCE located on the SR-AHEC website: [www.sr-ahec.org](http://www.sr-ahec.org). 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>*

**Office Use Only:** Check Auth # \_\_\_\_\_ Date \_\_\_\_\_ From \_\_\_\_\_ Amount \$ \_\_\_\_\_

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

Southern Regional  
**AHEC** | Area Health  
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