TITLE: Kinesio Taping® Assessments, Fundamental Concepts, Fundamental Techniques, Advanced Techniques and Clinical Reasoning (Previously known as Kinesio Taping 1, 2, & 3)

DESCRIPTION:

Day one is designed to introduce participants to the science, assessment and application techniques of the Kinesio Taping® Method. Lecture tutorials of the history, science and theory of stimulus transmission through skin and resulting therapeutic benefit across efferent and afferent systems is reviewed. Corrections for Epidermis, Dermis, Fascia, Space, and Muscle in case study format are presented. Lecture and demonstration by the instructor, then participants perform the Manual Assessments and Movement Assessments. Discussion of the assessment flow charts to determine correct applications and general progression of treatment clinically.

Day two continues with instruction and demonstration of assessment and taping procedures for the Mechanical, Tendon, Ligament and Circulatory/Lymphatic Corrections in case study format. Time is allotted for questions and discussion of the assessment flow charts to determine correct applications and general progression of treatment clinically. At the conclusion of day two participants will receive 60-day access code to the KTAI database.

Day three focuses on advanced taping techniques and assessments are presented as Lecture Tutorials to introduce step by step applications for chronic edema, scar and fascial management, nerve taping as well as acute and chronic pain management. Participants will be offered ample lab time to practice each advanced technique guided by the Assessment Flowchart for clinical decision making. Case studies are presented for designing a clinically relevant application within a treatment program guided by the instructor. Case studies are then introduced for small groups of students to practice the variety of assessment techniques and advanced taping applications.

Each course participant will receive a Kinesio Taping product kit containing the following items; tote bag, pen, workbook, 1 roll of FP Tape, 1 roll of Classic Tape, 3 individual Fan Cuts.

Pre-Requisites:

- Must have completed 80 course hours of anatomy and physiology
- Must have working knowledge of musculoskeletal system
- Must be able to do assessments by evaluating and/or diagnosing injuries and conditions
LEARNING OUTCOMES:

- List 3 unique qualities of Kinesio® Tex Tape.
- List 3 different physiological systems affected by Kinesio® Tex Tape.
- List 3 contraindications and 3 precautions of using Kinesio® Tex Tape.
- List the best use for each type of Kinesio® Tex Tape.
- Describe and demonstrate cutting at least 4 different Kinesio Taping® application tape shapes: I Strip, Y Strip, Web Cut, X Cut, etc.
- Describe 1 situation where it would be appropriate to use each different tape cut.
- Demonstrate 1 of the 3 methods of safely removing Kinesio® Tex Tape from skin.
- Demonstrate the appropriate use of Manual Direction Tests for tissue and muscle.
- Demonstrate the use of Kinesio® Screening Assessments to identify target tissue for treatment.
- Demonstrate the proper application of Kinesio® Epidermis, Dermis and Fascia Taping technique.
- Demonstrate the proper application of corrective techniques: Fascia, Mechanical, Space, Functional, Lymphatic, Tendon, Ligament, and Muscle Correction.
- Describe the difference between an underactive and overactive muscle correction application.
- Identify appropriate tension range for each corrective technique.
- Describe the difference between a ligament correction and tendon correction.
- List 1 condition that the Functional Correction would be used for.
- Describe the difference between “long and short oscillation” and “side to side oscillation” used in the Fascial Correction application.
- List 2 specific symptoms of injury for each of the following tissues: nerve, muscle, epidermis, dermis, fascia and joint.
- Demonstrate application of advanced Epidermis Correction Technique - Web Layering.
- Demonstrate application of advanced Dermis Correction Technique - Jellyfish.
- Demonstrate application of advanced Fascia Correction Techniques - Ram’s Head and Manual Fascial Glide.
- Demonstrate application of advanced Circulatory Lymphatic Correction Technique – Basket Weave.
- Demonstrate application of advanced Space Correction Technique – Scar Management techniques.
- Demonstrate integration of Muscle Direction Tests, Screening Assessments, and Corrective Techniques to treat complex injuries such as Whiplash, Shoulder Impingement, and Chronic Knee Pain.
- In a small group setting identify 3 items on a problem list and goal list from specified case studies and develop appropriate interventions using tape as a modality and defend to the class.

LEVEL: Introductory - Advanced

AUDIENCE: PTs, OTs, OTAs, PTAs, ATs, Physicians, Chiropractors, Licensed Acupuncturists, Licensed Massage Therapists, and other allied health professionals

Register Online: http://bit.ly/ce12172
INSTRUCTOR: Ewa Jaraczewska, PT, CKTI

Ewa Jaraczewska, PT, CKTI, is Adult-NDT certified and a Certified TheraTogs Fitter. Currently, Ms. Jaraczewska is the manager of rehabilitation services at Loyola University Medical Center in Maywood, IL. She received her physical therapy degree from the Physical Therapy School in Warsaw, Poland and completed a three month internship at the Center for Children with Duchene muscular dystrophy in France. Following graduation, she worked as a staff physical therapist in the neurology clinic at the Medical School Hospital in Warsaw. After two years, Ms. Jaraczewska became a faculty member at the Physical Therapy School in Warsaw. Four years later, Ms. Jaraczewska moved to the United States where she worked in acute care at George Washington University and Georgetown University, Washington, DC, in inpatient rehabilitation at The Rehabilitation Institute of Chicago, and in homecare at a private agency. Throughout her career, she has been involved in research and teaching. At George Washington University Hospital, Ms. Jaraczewska, was actively involved in amyotrophic lateral sclerosis (ALS) research. At the Rehabilitation Institute of Chicago, she developed a multidisciplinary clinic for patients with Parkinson’s disease. She is a contributor and presenter for the annual Kinesio taping Symposium. Past presentations include Kinesio taping for stroke and Parkinson’s disease. She recently collaborated on the KT4 neuro manuscript with friend and colleague, Steven Hubert, PT and the Kinesio taping DVD for older adults. She has been a Certified Kinesio taping Instructor since 2003.

CERTIFICATION:

Completion of course includes 60-day full access to KTAI database. Database contains a listing of Applications, Forums and Research. Medical Practitioners who have successfully completed the required fundamental and advanced KT courses are eligible to take the CKTP Exam. Upon passing the exam with a score of 80% or better, signing the CKTP Agreement, and signing-up for membership, practitioners will be granted the CKTP title along with all the associated rights and benefits. Only KTA will process and administer CKTP Certificate. This course has been certified by the Kinesio Taping Association International.

AGENDA

Day One

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Registration Opens</td>
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<tr>
<td>8:00 am</td>
<td>Instructor Introduction &amp; Bio</td>
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<tr>
<td>8:10 am</td>
<td>Intro Kinesio Taping® Concepts, Theory, History, Tape Qualities, Finger Demo, Precautions and Application Guidelines, Physiological Systems Affected, Convolutions Lab</td>
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<tr>
<td>10:00 am</td>
<td>Break</td>
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<tr>
<td>10:15 am</td>
<td>Tape Removal, Skin Stimulation Research, Kinesio Taping® Assessments &amp; Labs: Epidermis and Dermis</td>
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<tr>
<td>12:00 pm</td>
<td>Lunch</td>
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<tr>
<td>1:00 pm</td>
<td>Manual Direction Tests, Correction Labs: Fascia and Space</td>
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<tr>
<td>3:00 pm</td>
<td>Break</td>
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<tr>
<td>3:15 pm</td>
<td>Muscle Correction Theory and Labs, Kinesio® Assessments and Labs: Longissimus Cervicus, and Scalenus Anterior</td>
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<tr>
<td>5:20 pm</td>
<td>Question and Answer; Overview of Student Assessments on Day 2</td>
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<tr>
<td>5:30 pm</td>
<td>Adjourn</td>
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</tbody>
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Register Online: http://bit.ly/ce12172
Day Two
7:30 am Registration Opens
8:00 am Overnight Responses, Assessments and Labs: Pectoralis Major, Rhomboid Major, Rectus Abdominis,
10:00 am Break
10:15 am Kinesio® Assessments and Labs: Gluteus Medius, Rectus Femoris; Q&A
12:00 pm Lunch
1:00 pm Kinesio Taping® Corrective Techniques: Mechanical – shoulder, knee and ankle; Ligament,
3:00 pm Break
3:15 pm Kinesio Taping® Corrective Techniques: Tendon, Functional and Circulatory/Lymphatic
4:20 pm Documentation, Research, Glossary Review, Student Assessments, Question and Answer
5:30 pm Adjourn

Day Three
7:30 am Registration Opens
8:00 am Instructor Introduction, Success Stories
8:10 am Basic Application Guidelines and Assessments Review; Epidermis Correction Review and Introduction of Advanced Epidermis Webs Taping; Dermis Correction Review and Introduction of Advanced Dermis Jellyfish Taping
10:00 am Break
12:00 pm Lunch (on your own)
1:00 pm Space Correction Review and Introduction of Advanced Scar Management Applications; Muscle Corrections Review and Advanced Clinical Case Study – Chondromalacia Patella; Mechanical Correction Review and Advanced Clinical Case Study - Whiplash
3:20 pm Break
3:35 pm Function Correction Review and Introduction of Advanced Functional Application – Rotational Limb Corrections
4:05 pm Clinical Case Scenarios
5:30 pm Q&A; Evaluations/ Assessments, Conclusion

REQUIRED COURSE MATERIALS
Please wear/bring the following to the course:
• Wear shorts and a t-shirt or tank top for lab. Exposed skin is needed to apply Kinesio tape.
• It is recommended to dress in layers, as the room may be cold during lectures
• Pillow, towel, or blanket
• Scissors

Register Online: http://bit.ly/ce12172
COURSE #: 12172


CEU’s / CLOCK HOURS: 2.4 CEU’s (24 Clock Hours)

LOCATION:

UW-Milwaukee Continuing Education  
Plankinton Building, 7th Floor  
161 West Wisconsin Avenue  
Milwaukee, WI  53203

Register Online: http://bit.ly/ce12172