
COURSE DATE: June 28, 2024

TITLE: Specialty Sports/Orthopedic Concepts of the Kinesio Taping® Method

DESCRIPTION: The KT4 Sports/Orthopedic course is focused on sports conditions. During the KT4 Sports/Orthopedic course, attendees will practice their skills on a variety of applications correlated with specific clinical sports conditions. This course is designed to give attendees guidelines on how to combine the concepts learned in the KT1, KT2, and KT3 courses with the concepts of sport medicine. This course is also designed to give attendees the chance to learn and practice specific applications related to specific sports dysfunctions. During this course, attendees will face problem-solving and specific taping techniques correlated with the healing process of joint and soft tissues, posture correction to provide stimulations to restore good posture for athletes, and lower and upper limb injuries. Upon completion of this course, attendees will be able to combine the Kinesio Taping Method with specific sport conditions following guidelines learned during this course and developing the skills necessary to adapt Kinesio Taping Techniques to specific needs of athletes. This will enable the attendees to create an individualized treatment correlated to the phase of the healing process as well as the specific sport injury, sport performed, and position that the athlete occupies on the field.

OUTCOMES:

- Enhances achieving the common objectives of Sports Medicine Practitioners
- Learn Kinesio Taping Methods for:
 - Common athletic injuries
 - Recognizing “local” vs. “global” issues
 - Treating overuse issues
 - Treating the cause of the symptoms
 - Improving clinical condition of the athletes correlated to athletic performance
- Integration of the Kinesio Taping Method into the treatment protocol of an injury from the initial onset of the injury, healing stages, rehabilitation, and return to activity
 - Teaching and learning the proper posture, core strength, and movement patterns can be greatly enhanced with proper use of the Kinesio Taping Method
- Review and study the current trends of the Kinesio Taping Method in relationship to current trends in Sports Medicine

PRE-REQUISITE:

- Completed Kinesio Taping Assessments, Fundamental Concepts, and Techniques and Kinesio Taping Advanced Techniques and Clinical Reasoning OR 20 hour Kinesio Taping® Express Course
- Have completed 80 course hours of anatomy and physiology
- Have a working knowledge of the musculoskeletal system
- Be able to do assessments by evaluating and/or diagnosing injuries and conditions

INSTRUCTOR: Tony Agostini, LAT, CSCS, CKTI, ACI, earned Bachelor of Science degrees in both Education and Athletic Training at the University of Wisconsin-Milwaukee. He has 35 years of experience as an educator and allied health care professional working with people of all ages and abilities. He is employed by Aurora Sports Health as a Senior Athletic Trainer and specializes in outpatient orthopedics. He has provided athletic training services for student athletes at several area high schools including; Oak Creek High School,

Shorewood High School and West Allis Central High School. He also provides patient care for the general public at the Aurora Sports Health outpatient clinic in Greenfield, WI. Tony incorporates massage techniques, rehabilitation exercises, The Kinesio Taping Method®, and other rehabilitation skills in his patient care treatments. As a Certified Kinesio Taping Instructor for Kinesio University, Tony has taught The Kinesio Taping Method to hundreds of allied health care professionals throughout the Midwest over the past six years. Tony also is employed by the University of Wisconsin-Milwaukee as an associate lecturer teaching activity classes. As a Certified Strength and conditioning Specialist, he provides valuable insight into the pathological causes of injuries and provides education on how to prevent injuries. Born and raised in the Milwaukee area, Tony is a sports enthusiast - and has competed at a high level as an athlete in a variety of different sports throughout his life.

LEVEL: Advanced

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

AGENDA:

7:30 AM	Sign In
8:00 – 8:10 AM	Instructor Introduction/Bio, Purpose and Objectives of Course
8:10 – 8:40 AM	Stages of Healing, Integration of Kinesio Taping into the Treatment Protocol
8:40 – 8:55 AM	EDF Review
8:55 – 9:25 AM	A-C Joint, Acute, Sub Acute, Remodeling Taping Lab
9:25 – 9:45 AM	Motor Control
9:45 – 10:15 AM	Multiaxial Instability of the Glenohumeral Joint, Acute, Sub Acute, Remodeling Taping Lab
10:15 – 10:30 AM	Break
10:30 – 10:45 AM	Overuse Syndromes
10:45 – 11:15 AM	Bicipital Tenosynovitis, Acute, Sub Acute, Remodeling Taping Lab
11:15 AM – 12:15 PM	ACL Injury, Acute, Sub Acute, Remodeling Taping Lab
12:15 – 1:15 PM	Lunch
1:15 – 1:45 PM	Medial Epicondylitis, Acute, Sub Acute, Remodeling Taping Lab
1:45 – 2:15 PM	TFCC, Acute, Sub Acute, Remodeling Taping Lab
2:15 – 2:45 PM	Turf Toe, Acute, Sub Acute, Remodeling Taping Lab
2:45 – 3:00 PM	Break
3:00 – 3:30 PM	5th Metatarsal Fracture, Acute, Sub Acute
3:30 – 4:30 PM	Piriformis, Acute, Sub Acute, Remodeling Taping Lab
4:30 – 5:00 PM	SI joint, Acute, Sub Acute, Remodeling Taping Lab
5:00 – 5:30 PM	Q&A/Clarifications

*Agenda reflects 8.0 credit hours; awarded credit hours for course does not include breaks and lunch period.

COURSE MATERIALS (provided):

- Advance Healing Magazine
- 1 Roll - Kinesio Classic Blue
- 2 Rolls - Kinesio Tex Gold FP
- 1 Box - Kinesio Fan Cut
- 1 Box - Kinesio EDF Pre-Cuts
- Kinesio University Scissors
- Kinesio Folding Pouch - Black
- Kinesio Playbook
- What is Kinesio Brochure
- Research Booklet
- Information on Kinesio Products

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

Course #: 1010-16099

Pricing: \$299 before 5/28/2024; \$399 after 5/28/2024

CEUs and Clock Hours: 0.8 CEU's (8 Clock Hours)

Location: UWM School of Continuing Education, 161 W Wisconsin Ave; 7th Floor, Milwaukee, WI 53203