

**COURSE DATE:** November 1-2, 2024

**COURSE TITLE:** Kinesio Taping Foundations Course

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

**DESCRIPTION:** The Kinesio Taping Foundations Course will present all the concepts and techniques of Kinesio Taping in an expedited course format. This course will be held over an 8 Hour two-day period with a 4 Hour Pre-course. The Kinesio online Pre-course must be completed prior to attending the course. The first day will present an overview of the development of the Kinesio Taping Method, Fundamental concepts, assessments, and screening tests, and begin to introduce Kinesio Correction taping techniques. After completing fundamental concepts, the course will move into advanced techniques and clinical reasoning. Attendees will problem solve complex clinical cases requiring the application of multiple Kinesio taping techniques. Lab sessions will provide time to practice assessments and screenings, plus applying techniques to a variety of upper and lower body conditions. Instructors will provide personalized feedback to each attendee to ensure a thorough grasp of the taping concepts and techniques.

Each course participant will receive a Kinesio Taping product kit containing the following items:

- [Advance Healing Magazine](#)
- 1 Roll - [Light Touch+ Kinmokusei Orange](#)
- 1 Roll - [Performance+ Black with Logo](#)
- 2 Rolls - [Kinesio Classic Blue](#)
- 3 Rolls - [Kinesio Tex Gold FP](#)
- 2 Samples of [Kinesio EDF Pre-Cuts](#)
- 2 Samples of [Kinesio Fan Cut](#)
- Kinesio Folding Pouch – Black
- Kinesio Playbook
- What is Kinesio Brochure
- Research Booklet
- Information on Kinesio Products

**PREREQUISITES:**

In order to attend a Kinesio Taping seminar, each attendee must meet all of the following criteria:

1. Have completed 80 course hours of anatomy and physiology
2. Have a working knowledge of the musculoskeletal system
3. Be able to do assessments by evaluating and/or diagnosing injuries and conditions

**LEARNING OUTCOMES:**

- 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 a situation where it would be appropriate to use different tape cuts.
- Demonstrate the appropriate use of KMT, EDF, and Kinesio Assessments.
- Demonstrate a method of safely removing Kinesio Tex Tape from skin.
- 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.
- Demonstrate application of advanced Epidermis Correction Technique- Web Layering.
- Demonstrate application of advanced Dermis Correction technique- Jellyfish.
- Demonstrate application of advanced Fascia Correction Techniques- Rams Head and Manual Fascial Glide.
- Demonstrate application of advanced Circulatory Lymphatic Correction Technique- Basket Weave.
- Demonstrate the 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.
- 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.
- Apply the Kinesio Medical Taping method to a variety of muscular, orthopedic and neurological conditions.

**LEVEL:** Introductory

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

**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.

**FINANCIAL DISCLOSURE:** The course instructor is receiving a monetary stipend from UWM to instruct this course. He/she is not receiving additional compensation from any other sources in relation to the course content that is being presented.

**PRE-COURSE AGENDA:**

<b>Necessary Time (minutes)</b>	<b>Subject/Application/Condition</b>
25	Introduction to the history of elastic therapeutic taping, Origin of Kinesio Taping®, Kinesio Taping® Education.
30	Know your modality: types of Kinesio® Tex Tape, research about different brands of tape: load, stretch, recoil.
10	Our Tapes
15	Finger Demonstration Lab
25	Using Elastic Therapeutic Tape
25	The Kinesio Taping Method
10	Kinesio and Dr. Kenzo Kase
10	Kinesio Taping Method Foundational Concepts
15	Break
5	Precautions and Contraindications
5	Research Study
10	Kinesio Taping Screening and Assessment
35	Introduction to EDF
10	Clinical Scenario
5	Kinesio Taping Glossary
5	Before You go to Class

**COURSE AGENDA:**

**Day 1**

7:30am	Sign-In
8:00am- 10:10am	Kinesio Medical Taping, Kinesio Assessment Protocols

10:10am-10:25am	Break
10:25am-12:55pm	Fascia: Introduction to Manual Direction Tests-Tissue and Glide Assessments, Space Correction: MDT- Tissue Decompression Assessment to determine appropriate Space Correction, Kinesio Screening Assessment, Superficial Fascia Anatomy and Physiology, Fascia Correction Lab x 4 applications
12:55pm-1:25pm	Lunch
1:25pm-3:10pm	Muscle: Anatomy and Physiology, Science and Research presented to support theory of treatment protocols, Underactive and Overactive Muscle Taping Protocol with MDT- Muscle Glide Assessment, Tendon: Anatomy and Physiology, Science and Research presented to support theory of treatment protocols, Ligament: Anatomy and Physiology, Science and Research presented to support theory of treatment protocols, Space Correction x2 Case Studies
3:10pm-3:25pm	Break
3:25pm-5:05pm	Space Correction Star: MDT -Tissue Decompression Assessment with Case Study and Lab, Mechanical Correction I-Cut- Tissue Compression Assessment and Case Study in Knee Region, Mechanical Correction Y-Cut- Tissue Compression Assessment and Case Study in Knee Region, Mechanical Correction Y-Cut Type 2- Tissue Compression Assessment and Case Study in Knee Region, Functional Correction-Tissue Assessment and Case Study in Ankle and Wrist regions
5:05pm	END OF DAY 1

**Day 2**

7:30am	Sign-In
8:00am-10:00am	Day 1 Review, Introduction of Lymphatic Systems. Science/research presented to support theory of treatment protocols, Circulatory Lymphatic Correction with MDT - Tissue Decompression and Glide Assessments
10:00am-10:15am	Break
10:15am-12:40pm	Introduction of EDF, Kinesio Taping Method EDF Taping Rationale Superficial Fascia, EDF Taping Technique Lab Dermis, EDF Taping Technique Lab Epidermis
12:40pm-1:10pm	Lunch
1:10pm-3:10pm	EDF Jellyfish Lab, Kinesio Screening and Longissimus Lab, Kinesio Screening and Scalenus Anterior Lab, Kinesio Screening and Pectoralis Major Lab
3:10pm-3:25pm	Break
3:25pm-5:00pm	Kinesio Screening and Rectus Abdominis Lab, Kinesio Screening and Gluteus Medius, Kinesio Screening and Quadriceps Femoris Lab, Q&A
5:00pm	END OF DAY 2

**COMPLETION REQUIREMENTS:**

- Course participants must complete the pre-course materials
- Attend the entire in-person course
- Successfully demonstrate Kinesio Taping application aptitude and decision making during the hands-on assessment portion of the course.
- Score 80% or better on the post-course exam

**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

**COURSE #:** 1010-16395

**PRICE:** \$625 by 10/1/2024; \$675 after 10/1/2024

**CEU's:** 2.0 (20 Clock Hours)

**COURSE PROVIDER CONTACT INFORMATION:**

Provider: UWM School of Continuing Education

Attn: Emily Steybe

Email Address: [sce-hps@uwm.edu](mailto:sce-hps@uwm.edu)

Address: 161 West Wisconsin Avenue, Ste 6000, Milwaukee, WI 53203