



Kinesio Taping® Assessments, Fundamental Concepts and Techniques Day 1&2 Course Descriptions, Agenda, and Objectives

Prerequisites:

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

1. Must have completed 80 course hours of anatomy and physiology
2. Must have a working knowledge of the musculoskeletal system
3. Must be able to do assessments by evaluating and/or diagnosing injuries and conditions
4. Must have achieved or is a student in their junior or senior year (transcripts must be provided) working towards one or more of the following credentials: ARNP, ATC, CAT(C), CCSP, CDP, CHT, CLT, CMBT, CMT, CNMT, COMT, COTA, COTA/L, CPO, CPT, CPTA, CRN, CST, CT, DC, DO, DOM, DPT, Lac, LAT, LLCC, LMBT, LMP, LMT, LOT, LOTA, LPT, LPTA, MD, MDT, MLD, MOT, MOTR/L, MPT, MT, MTC, NCMT, NCTMB, NDT, NMD, NMT, NP, NRC, OCS, ODT, OMD, OPA, OT, OTA, OTC, OTR, OTR/L, PT, PT-C, PTA, PA, RMT, RN, RPT, RPTA, SLP, Paramedics and Kinesiologists.

Course Description:

2 day course 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. If more than 25 attendees are registered, a lab assistant is chosen by Kinesio University to facilitate alongside the instructor.

Course Agenda – Day 1:

7:30am	Sign In
8:00	Instructor Introduction & Bio
8:10 - 10:00	Intro Kinesio Taping® Concepts, Theory, History, Tape Qualities, Finger Demo, Precautions and Application Guidelines, Physiological Systems Affected, Convolutions Lab
10:00	Break
10:15 – 12:00	Tape Removal, Skin Stimulation Research, Kinesio Taping® Assessments & Labs: Epidermis and Dermis
12:00	Lunch
1:00 - 3:00pm	Manual Direction Tests, Correction Labs: Fascia and Space
3:00	Break
3:15 – 5:20	Muscle Correction Theory and Labs, Kinesio® Assessments and Labs: Longissimus Cervicus, and Scalenus Anterior
5:20 - 5:30	Q&A; Overview of Student Assessments on Day 2



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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. Participants will receive a full color Kinesio Taping® Workbook and a 60-day access code to the KTAI database.

Course Agenda – Day 2:

7:30am	Sign In
8:00 – 10:00	Overnight Responses, Assessments and Labs: Pectoralis Major, Rhomboid Major, Rectus Abdominis,
10:00	Break
10:15 – 12:00	Kinesio® Assessments and Labs: Gluteus Medius, Rectus Femoris; Q&A
12:00	Lunch
1:00 – 3:00pm	Kinesio Taping® Corrective Techniques: Mechanical – shoulder, knee and ankle; Ligament,
3:00	Break
3:15 – 4:20	Kinesio Taping® Corrective Techniques: Tendon, Functional and Circulatory/Lymphatic
4:20 – 5:30	Documentation, Research, Glossary Review, Student Assessments, Q and A

Course Objectives:

By the end of the course, the participant will be able to:

- 1) List 3 unique qualities of Kinesio® Tex Tape.
- 2) List 3 different physiological systems affected by Kinesio® Tex Tape.
- 3) List 3 contraindications and 3 precautions of using Kinesio® Tex Tape.
- 4) List the best use for each type of Kinesio® Tex Tape.
- 5) Describe and demonstrate cutting at least 4 different Kinesio Taping® application tape shapes: I Strip, Y Strip, Web Cut, X Cut, etc.
- 6) Describe 1 situation where it would be appropriate to use each different tape cut.
- 7) Demonstrate 1 of the 3 methods of safely removing Kinesio® Tex Tape from skin.
- 8) Demonstrate the appropriate use of Manual Direction Tests for tissue and muscle.
- 9) Demonstrate the use of Kinesio® Screening Assessments to identify target tissue for treatment.
- 10) Demonstrate the proper application of Kinesio® Epidermis, Dermis and Fascia Taping technique.
- 11) Demonstrate the proper application of corrective techniques: Fascia, Mechanical, Space, Functional, Lymphatic, Tendon, Ligament, and Muscle Correction.
- 12) Describe the difference between an underactive and overactive muscle correction application.
- 13) Identify appropriate tension range for each corrective technique.
- 14) Describe the difference between a ligament correction and tendon correction.
- 15) List 1 condition that the Functional Correction would be used for.
- 16) Describe the difference between “long and short oscillation” and “side to side oscillation” used in the Fascial Correction application.