

Kinesio Taping Assessments, Fundamental Concepts, and Techniques Agenda (2 days)

	A	B	C	D	E	F	G
1	Kinesio Taping® Assessments, Fundamental Concepts, and Techniques Agenda (2 days)						
2	Day 1 Agenda						
3	Time	Necessary Time	Subject/Application/Condition	Slide #	Word Count	Content	Special Information / Method
4	8:00	20	Introduction to the history of elastic therapeutic taping, Origin of Kinesio Taping®, Kinesio	1-13	466		Introduction of instructor and course objectives, Instructor Lecture
5	8:20	20	Know your modality: types of Kinesio® Tex Tape, research about different brands of tape: load, stretch, recoil.	14-28	598	Compare and Contrast elastic therapeutic taping materials, Peer Reviewed Research	Lecture
6	8:40	15	Finger Demonstration Lab	29-35	159	1 strips x 3 varied application methods	Lecture Tutorial and Lab
7	8:55	10	Other therapeutic taping methods	36-38	130	Athletic, McConnell,	Lecture and Q and A
8	9:05	15	Taping Terminology and Cuts, Precautions and Application Guidelines	39-56	947	Practice standards for client safety, treatment protocols	Lecture with Q and A
9	9:20	20	Introduction of Major Physiological Systems Affected by tape on skin. Science/research presented to support theory of treatment protocols	57-74	580	Differentiation of biologic tissues, Physical effects of tape. Ultrasound imaging, Surgical dissection, Peer Reviewed Research	Lecture
10	9:40	20	Tape's Effect on Skin: Convolutions Lab	75-85	363	Taping I Strips In Lumbar Myofascial Region	Lecture Tutorial with Demonstration on live model, Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
11	10:00	15	Break	 	 	 	
12	10:15	25	Science and research about effects of skin stimulation: pain relief research and fMRI pilot	86-95	412	Neurological effects of tape, Pilot Studies, Peer Reviewed Research on	Lecture Tutorial with Demonstration

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13	10:40	40	Epidermis: Anatomy and Physiology, Assessment by Palpation and Case Study Presentation with Lab	96-106	437	Assessment training and Rationale for Epidermis I strips, Lab on hand	Lecture Tutorial with Demonstration on live model, Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
14	11:20	40	Dermis: Anatomy and Physiology, Assessment by Palpation and Case Study Presentation with Lab	107-118	486	Rationale for Dermis Web, Lab on wrist	Lecture Tutorial with Demonstration on live model, Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
15	12:00	60	Lunch	 	 	 	
16	1:00	30	Fascia: Anatomy and Physiology, Introduction to Manual Direction Tests-Tissue and Clock Assessments	119-131	474	MDT -Tissue Clock Assessment	Lecture Tutorial with Demonstration on live model
17	1:30	20	Fascia Correction Lab x 3 applications	132-145	420	Assessment training and taping in extremities	Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
18	1:50	15	Space Correction: MDT- Tissue Decompression Assessment to determine appropriate Space Correction	146-152	290	MDT- Tissue Decompression Assessment, Space Correction	Lecture Tutorial with Demonstration on live model
19	2:05	20	Space Correction x2 Case Studies	153-161	374	Assessment training and taping in elbow regions	Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
20	2:25	20	Space Correction Star : MDT - Tissue Decompression Assessment with Case Study and Lab	162-168	303	Assessment training and taping in lumbar region	Lecture Tutorial with Demonstration on live model, Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
21	2:45	15	Space Correction Web Cut: MDT - Tissue Decompression Assessment with Case Study and Lab	169-173	195	Assessment training and taping in knee region	Lecture Tutorial with Demonstration on live model, Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
22	3:00	15	Break	 	 	 	

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23	3:15	15	Muscle: Anatomy and Physiology, Science and Research presented to support theory of treatment	174-192	731	Peer reviewed research - EMG studies	Lecture and Q and A
24	3:30	30	Underactive and Overactive Muscle Taping Protocol with MDT- Muscle Glide Assessment	193-201	353	Assessment training and taping: Direction Lab in cervical region	Lecture Tutorial with Demonstration on live model, Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
25	4:00	20	Kinesio® Assessment Protocols: Kinesio® Cervical Flexion Screening Assessment, paired with MDT- Muscle	202-213	477	Cervical Flexion Screening, MDT-Muscle Glide	Lecture Tutorial with Demonstration on live model
26	4:20	20	Longissimus Cervicus Lab	214-218	191	Assessment training and taping in cervical region	Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
27	4:40	20	Kinesio® Cervical Extension Screening Assessment paired with MDT - Muscle	219-225	163	Cervical Extension Screening, MDT - Muscle Glide	Lecture Tutorial with Demonstration on live model, Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
28	5:00	20	Scalenus Anterior Lab	226-229	114	Assessment training and taping in cervical region	Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
29	5:20	10	Q&A; Overview of Student Assessments on Day 2	230-232	207		
30	5:30		Day 1 Completed				
31							
32	Day 2 Agenda						
33	Time	Necessary Time	Subject/Application/Condition	Slide #	Word Count	Content	Special Information / Method
34	8:00	10	Q and A				

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35	8:10	20	Kinesio® Pectoral Girdle Screening Assessment paired with MDT - Muscle	233-245	381	Pectoral Girdle Screening and MDT - Muscle Glide	Lecture Tutorial with Demonstration on live model, Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
36	8:30	20	Agonist-Antagonist Applications in Shoulder Region Pec Major and Rhomboid Major	246-252	221	Assessment training, taping in shoulder region	Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
37	8:50	30	Clinical Application/Case Study Carpel Tunnel :Integrate assessments, Muscle Correction and Space Correction	253-261	324	Pectoral Girdle Screening, MDT - Muscle and Tissue Assessments, Button Hole Cut- Muscle Correction, I Strip- Space Correction	Lecture Tutorial with Demonstration on live model, Lab with CKTI supervision (and CKTP Assistant as numbers require)
38	9:20	20	Kinesio® Trunk Flexion Screening Assessment paired with MDT - Muscle	262-268	159	Trunk Flexion Screening, MDT - Muscle Glide	Lecture Tutorial with Demonstration on live model, Lab with CKTI supervision (and CKTP Assistant as
39	9:40	20	Rectus Abdominis Lab	269-272	131	Assessment training, taping in core region	Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
40	10:00	15	Break	 	 	 	
41	10:15	20	Hip Rotation Screening Assessment paired with MDT- Muscle	273-279	176	Hip rotation screening, MDT- Muscle Glide	Lecture Tutorial with Demonstration on live model, Lab with CKTI supervision (and CKTP Assistant as
42	10:35	20	Gluteus Medius Lab	280-285	171	Assessment training and taping in pelvic region	Lab with direct CKTI supervision (and CKTP Assistant as numbers require)
43	10:55	20	Leg Raise Screening with MDT- Muscle Glide	286-293	222	Leg raise Screening, MDT - Muscle Glide	Lecture Tutorial with Demonstration on live model, Lab with CKTI supervision (and CKTP Assistant as numbers
44	11:15	30	Rectus Femoris Lab	294-298	174	Assessment training and taping in lower extremity region	Lecture Tutorial with Demonstration on live model with CKTI supervision (and CKTP Assistant as numbers

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45	11:45	15	Q and A	 	 	 	
46	12:00	60	Lunch	 	 	 	
47	1:00	15	Joint: Anatomy and Physiology and MDT - Tissue Compression	299-302	157	Rationale for Mechanical Correction	Lecture and Q and A
48	1:15	30	Mechanical Correction with MDT-Tissue Compression Assessment and Case Study in Knee Region	303-329	1,241	Assessment training and taping in knee regions	Lecture Tutorial with Demonstration on live model with CKTI supervision (and CKTP Assistant as numbers
49	1:45	20	Clinical Application/Case Study Integration of Assessments with Muscle Correction and Mechanical Correction	330-340	530	Assessment training and taping in shoulder regions	Lecture Tutorial with Demonstration on live model with CKTI supervision (and CKTP Assistant as numbers
50	2:05	20	Tendon Correction with MDT - Tissue Compression Assessment and Case Study in Ankle Region	341-350	347	Assessment training and taping in ankle region	Lecture Tutorial with Demonstration on live model with CKTI supervision (and CKTP Assistant as numbers
51	2:25	20	Clinical Application /Case Study Integration of Assessments with MDT - Compression and MDT - Muscle Glide	351-354	178	Assessment training and taping in lower leg region	Lecture Tutorial with Demonstration on live model with CKTI supervision (and CKTP Assistant as numbers
52	2:45	15	Ligament Correction with MDT - Tissue Compression Assessment	355-363	301	Assessment training and taping in knee region	Lecture Tutorial with Demonstration on live model with CKTI supervision (and CKTP Assistant as numbers
53	3:00	15	Break	 	 	 	
54	3:15	20	Clinical Application /Case Study Integration of Assessments with MDT - Compression and MDT - Muscle Glide	364-370	339	Assessment training and taping in lower leg and foot regions	Lecture Tutorial with Demonstration on live model with CKTI supervision (and CKTP Assistant as numbers
55	3:35	20	Functional Correction with MDT-Tissue Assessment and Case Study in Ankle and Wrist regions	371-382	412	Assessment training and taping in ankle and wrist regions	Lecture Tutorial with Demonstration on live model with CKTI supervision (and CKTP Assistant as numbers

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56	3:55	25	Circulatory Lymphatic Correction with MDT -Tissue Decompression and Glide Assessments	383-393	405	Assessment training and taping in lower leg region	Lecture Tutorial with Demonstration on live model with CKTI supervision (and CKTP Assistant as numbers
57	4:20	70	Billing, Documentation, Database, Research, CKTP exam details, Basic Assessment and Application Guidelines, Student Assessments and Evaluations. Q	394-406	611		Lecture and Q and A
58	5:30		Class completed				
59							
60							