

## KT2—Intermediate Kinesio Taping—Whole Body

Purpose: To improve Kinesio Taping Method and Applications to enhance muscle function and recovery.

Required Text: Kinesio Taping Work Books (WB) 1-4—pg references for taping

Suggested Text: Clinical Therapeutic Applications of the Kinesio Taping Method—CTA (corresponding Page #'s for reference in parenthesis)

Course Objectives:

1. Be able to describe uses for and demonstrate correct application of Kinesio Tape for specific corrective taping techniques.
2. Be able to use Kinesio Tape in the clinic to effectively enhance normal treatment practices for common musculoskeletal problems.

8:00 Overnight Responses, Review of Kinesio Tape concepts, theories and application guidelines  
Questions???

8:30 Corrective Techniques Lecture

Mechanical Correction: Y, tension on Tails; y, tension on base; I, tension in middle

Lab—Patellar tracking

Mechanical Correction Shoulder Instability glenohumeral: AC, humeral head depression

Fascia Correction –oscillation and gliding: Y, tension on base, tails and ram's head

Lab—lateral epicondylitis, ITB

10:30-10:45 Break

11:00 Corrective Techniques cont.

Space Correction: I, Star, button hole and I strip

Lab: elbow, lumbar and carpal tunnel

Space Correction: donut and web

Lab: elbow, knee

Ligament/Tendon Correction: I, tension in middle

Lab: Achilles, MCL

12:30-1:30 Lunch

1:30 Corrective Techniques cont

Tendon Correction—plantar fasciitis

Lab: plantar fasciitis

Functional Correction: I, tent or bridge

Lab—Ankle DF (dropfoot), wrist flexion or extension

Lymphatic Correction: fan

Lab—calf

Scar Management introduction

5:00 Questions Corrective Techniques, Vocabulary, Review

5:30-6:00 Questions, Case Studies, Course Evaluation