

KINESIO TAPING METHOD

FOR LICENSED HEALTHCARE PROFESSIONALS: PT, PTA, OT, COTA, DC, ATC, LAC, MT, MD, RN, LPN



2-Day Seminar

KT1: Fundamental Concepts and Muscle Taping

KT2: Advanced Concepts and Corrective Techniques



Saturday–Sunday, August 21–22, 2010

7:30AM–5:45PM (BOTH DAYS) • \$595 (PER PERSON) \$550 (EARLYBIRD)

REGISTER: WWW.SPINESOLVERS.COM OR CALL 212-247-0350

MIDTOWN MANHATTAN, NYC

**Jolly Madison Hotel • 22 East 38th Street
(corner of 38th and Madison Avenue)**

LOOK
at other course
dates on
our website.

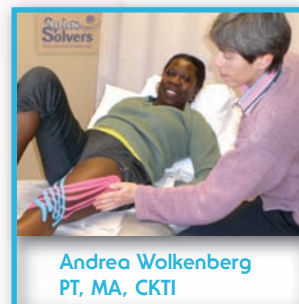
DAY ONE–KT1: FUNDAMENTAL CONCEPTS AND MUSCLE TAPING introduces the unique properties of Kinesio Tex Tape and its use to treat overuse syndromes, stimulate weak muscles, and decrease pain. During the lab session, we will learn Kinesio Taping assessments and muscle testing to determine the appropriate application. We will tape to facilitate or inhibit several major muscle groups.

DAY TWO–KT2: ADVANCED CONCEPTS AND CORRECTIVE TECHNIQUES builds on the material from KT1 and introduces six corrective techniques: mechanical, functional, space, fascial, ligament/tendon, and lymphatic/circulatory. Students will learn how to apply the corrective techniques in combination with muscle taping for a variety of upper and lower extremity clinical conditions.

INSTRUCTOR: Andrea Wolkenberg PT, MA, CKTI, is the Director of Physical Therapy at Spine Options in White Plains, NY, a comprehensive outpatient treatment facility specializing in the non-surgical management of back and neck pain.

She is a graduate of UPenn with a BS degree in Physical Therapy and received an MA degree in Medical Anthropology from NYC's New School for Social Research. She has developed evaluation skills and manual treatment techniques by studying with luminaries in orthopedic manual medicine and movement re-education.

In 2001, Andrea Wolkenberg became a Certified Kinesio Taping Instructor and now integrates The Kinesio Taping Method, a relatively new modality for pain management and neuro-muscular re-education, into her treatment approach. She is one of only five instructors of the Kinesio techniques in the mid-Atlantic region.



**Andrea Wolkenberg
PT, MA, CKTI**



Courses are sponsored by Spine Solvers Inc. and approved for certification by the Kinesio Taping Association.

Andrea Wolkenberg, President • SPINE SOLVERS INC. • 853 7th Avenue, 12C • New York, NY 10019

PHONE: 212-247-0350 • EMAIL: Info@SpineSolvers.com • INFORMATION: www.SpineSolvers.com

Kinesio Taping Seminar – COURSE OUTLINE

DAY 1–KT1: FUNDAMENTAL CONCEPTS AND MUSCLE TAPING	
AM	7:30 Registration (morning snacks provided)
	8:00 Instructor Introduction and Bio
	8:10 Intro Kinesio Taping Concepts, Theory, History; Tape Qualities. Finger Demo: Five major Physiological Effects; Skin, Circulatory & Fascia Function; Sacrospinalis; Muscle Function; Application Concepts
	10:00 Break (morning snacks provided)
	10:15 Joint Function; Biotensegrity; Application Basics, Prep, Precautions; Intro to KT Assessments. Tests; Q&A
	11:30 Lunch
PM	12:30 KT Assessments & Labs: Cervical Paraspinals; Scalenes Anterior; Latissimus Dorsai; Pec Major, Rhomboid; Gluteus Medius
	3:00 Break (afternoon snacks provided)
	3:15 Assessments/Labs Cont': Quad Femoris; Ext. Digitorum; Hamstrings; Ext. Pollicis Longus
	4:30 Assessment Q&A; KT1 Review & Q&A, Application Requests
	5:30 Conclusion

DAY 2–KT2: ADVANCED CONCEPTS/CORRECTIVE TECHNIQUES	
AM	7:30 Reception (morning snacks provided)
	8:00 Overnight Responses, Trouble Shooting: Basic Concepts of Corrective Techniques, Tension; Mechanical Correction: Patellar Tracking, Shoulder Instability
	10:05 Break (morning snacks provided)
	10:20 Fascia Correction: Lateral Epicondylitis, ITB
	11:30 Lunch
PM	12:30 Space, Tendon & Ligament Correction: Elbow, Lumbar, Carpal Tunnel, Achilles, Knee, MCL
	3:10 Break (afternoon snacks provided)
	3:25 Plantar Fasciitis; Function Correction: Ankle and Wrist; Circulatory/Lymphatic Correction: Edema of Calf and/or Foot, Finger Sprain
	5:10 Review, Requests, Q&A, Questionnaires
	5:30 Conclusion

Please bring a Yoga mat, your own scissors, and wear appropriate attire for taping – tank top & shorts.

COURSE OBJECTIVES:

- **Review** muscular anatomy as it relates to Kinesio Taping.
- **Explain** and apply the concepts of the Kinesio Taping Method.
- **Describe** the unique qualities of the Kinesio Tex Tape.
- **Recognize** the principles of Kinesio Tex Tape application.
- **Utilize** application skills in guided lab sessions.
- **Demonstrate** application skills during lab sessions.
- **Practice** various cutting techniques and their clinical application.
- **Apply** Kinesio Tex Tape to relax and stimulate muscles, for pain, swelling, joint mobility and stability, for unique conditions using the concepts and principals of the Kinesio Taping Method.

CONTINUING EDUCATION UNITS:

This course has been approved for 16 Continuing Education Units for the following healthcare practitioners:

- Physical Therapists and Assistants (PT, PTA)
- Occupational Therapists and Assistants (OT, COTA)
- Massage Therapists (MT)
- Athletic Trainers (ATC)

REGISTRATION:

If you wish to pay with a credit card, please register on line: www.SpineSolvers.com. We also offer a printable version of our registration form should you need to send a check.

Instructor: Andrea Wolkenberg PT, MA, CKTI



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