

July 10, 2019  
White Plains, NY

July 11, 2019  
Manhattan, NY

August 3, 2019  
Manhattan, NY

## Kinesiology Taping Practitioner Certification

### PRINCIPLES OF KINESIOLOGY TAPING

(30 MINUTES)

- Evolution of kinesiology taping
- Old vs. new concepts
- Differences between kinesiology tapes
- Features and characteristics
- Evidence supporting kinesiology taping

### THE NEUROSENSORY POWER OF TAPING

(60 minutes)

- Physiological/neurological benefits of taping
- Skin-brain connection
- Peripheral nerves
- Sensory system/receptors
- Histology of skin

### FUNDAMENTAL TAPING TECHNIQUES AND TREATMENT STRATEGIES

(60 MINUTES)

- Types of taping
- Techniques
- Cuts
- Tension
- Care tips
- Indications/contraindications
- Combining taping with movement

👉 Hands-On Lab

### PAIN TAPING

(60 MINUTES)

- Methods and application
- Effects and benefits
- Upper extremity
- Trunk/Lower extremity

👉 Hands-On Lab

### FLUID DYNAMICS TAPING

(60 MINUTES)

- Methods and application
- Effects and benefits
- Decompression strategy vs. compression strategy

👉 Hands-On Lab

### POSTURE TAPING

(60 MINUTES)

- Methods and application
- Effects and benefits
- Postural taping framework
- Posture evaluation from head to toe
- Common postural dysfunctions
- Exercise interventions

### SCAR TAPING

(60 MINUTES)

- Methods and application
- Effects and benefits
- Scar tissue assessment
- Scar tissue framework
- Special populations and conditions

👉 Hands-On Lab

### NEURO TAPING

(60 MINUTES)

- Methods and applications
- Effects and benefits
- Nerve tract irritation
- Upper and lower extremities

👉 Hands-On Lab

### CASE STUDIES AND PROBLEM SOLVING

(30 MINUTES)

## Objectives

- Review the principles and physiological/neurological effects of kinesiology taping.
- Discuss how to apply tape with appropriate tension for best results, comparing common taping techniques and reviewing indications/contraindications for each.
- Demonstrate taping techniques for reducing pain.
- Demonstrate taping techniques for managing edema, swelling, and bruising.
- Demonstrate taping techniques for addressing nerve entrapments.
- Demonstrate taping techniques for correcting postural imbalances.
- Demonstrate taping techniques for reducing scarring and improving scar mobility.
- Develop taping applications based on your assessment/treatment approach and the individual needs of your patient.

## Advanced Kinesiology Taping Practitioner Certification

### TAPING ACUTE AND SUBACUTE MUSCULOSKELETAL CONDITIONS

(30 MINUTES)

- Movement-based taping fundamentals
- Kinetic chain approach
- Priming the nervous system
- Pain gate stimulation
- Exoskeleton effect

### FASCIAL CHAIN ANATOMY & FUNCTION

(30 MINUTES)

- Performance back chain
- Performance front chain
- Performance lateral chain
- Performance functional chain
- Performance extremity chains

### MOVEMENT ASSESSMENT

(30 MINUTES)

- Breathing pattern
- Double leg stance/squat pattern
- Staggered leg stance
- Single leg stance
- Push-up pattern
- Scapular screen
- Rolling screen

### TAPE APPLICATION, THEORY, AND PRACTICE

(30 MINUTES)

- Tissue preparation, pre-application and application techniques

### PERFORMANCE BACK CHAIN TAPING

(60 MINUTES)

- Function
- Pre-application
- Application of tape along chain
- Motor control exercises
- Neuromuscular retraining for the performance back chain

👉 Hands-On Lab

### PERFORMANCE FRONT CHAIN TAPING

(60 MINUTES)

- Function
- Pre-application
- Application of tape along chain
- Motor control exercises
- Neuromuscular retraining for the performance front chain

### PERFORMANCE LATERAL CHAIN TAPING

(60 MINUTES)

- Function
- Pre-application
- Application of tape along chain
- Motor control exercises
- Neuromuscular retraining for the performance lateral chain

### PERFORMANCE SPIRAL LATERAL CHAIN TAPING

(60 MINUTES)

- Function
- Pre-application
- Application of tape along chain
- Motor control exercises
- Neuromuscular retraining for performance spiral lateral chain

👉 Hands-On Lab

### PERFORMANCE ARM CHAINS TAPING

(60 MINUTES)

- Function
- Pre-application
- Application of tape along chain
- Motor control exercises
- Neuromuscular retraining for the performance arm chains

👉 Hands-On Lab

### SPORT-SPECIFIC TAPING (SWIMMING, CYCLING, RUNNING, THROWING, AND KICKING)

(60 MINUTES)

- Function
- Pre-application
- Application of tape along chain
- Motor control exercises
- Neuromuscular retraining for sport-specific taping

👉 Hands-On Lab

## Objectives

- Review fascial chain anatomy and function.
- Discuss the concept of the longitudinal muscle chain approach to kinesiology taping and a myofascial sequencing model of "Taping movements, not muscles."
- Demonstrate movement screening techniques to evaluate proper human movement patterns. In the presence of faulty movement patters, the plane of dysfunctional movement is identified and movement is corrected using the longitudinal muscle chain approach to kinesiology taping.
- Discuss the kinetic chain approach to kinesiology taping.
- Apply movement screening techniques for identifying faulty motor patterns.
- Compare taping techniques for enhancing faulty motor patterns in breathing, squatting, lunging, stepping, pushing, and rolling movements.
- Demonstrate advanced taping strategies for neuromuscular retraining of performance chains.
- Combine taping, movement assessment, and corrective exercises to address common sports injuries and enhance athletic performance.

## ROCKTAPE

CERTIFICATION SERIES

Movement is key to all healing, whether you are working with an elite athlete or someone recovering from a car crash.

RockTape certification workshops are taught by industry-leading experts in movement assessment and therapy. These hands-on courses present a revolutionary way of thinking about how we move and how we injure. They integrate innovative mobility and stability strategies, along with movement-based, practical treatment frameworks - to deliver **RESULTS**.

Learn about these certifications and more at [pesirehab.com](http://pesirehab.com)

NON-PROFIT  
ORGANIZATION  
US POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO 32729

PESI Rehab  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

## ROCKTAPE

CERTIFICATION SERIES

## Kinesiology Taping Practitioner Certification

Combining Taping & Movement to Improve Functional Outcomes

White Plains, NY  
July 10, 2019

Manhattan, NY  
July 11, 2019

Manhattan, NY  
August 3, 2019

## Advanced Kinesiology Taping Practitioner Certification

Manhattan, NY  
August 4, 2019



REGISTER NOW: [pesirehab.com/express/71580](http://pesirehab.com/express/71580)

## ROCKTAPE

CERTIFICATION SERIES



Save \$100 when you register early for both seminars.  
Due to high demand, seats at this program are limited.

## Kinesiology Taping Practitioner Certification

Combining Taping & Movement to Improve Functional Outcomes

- 👉 **Everything you need to know** to begin offering taping services the next day.
- 👉 **Proven kinesiology taping techniques** that get results fast.
- 👉 **Learn effective treatments** for pain, posture, edema, scars, and neurological symptoms.

White Plains, NY  
Wednesday  
July 10, 2019

Manhattan, NY  
Thursday  
July 11, 2019

Manhattan, NY  
Saturday  
August 3, 2019

## Advanced Kinesiology Taping Practitioner Certification

- 👉 **Combines taping, movement assessment, and corrective exercises** for next-level results.
- 👉 **Master advanced strategies** for sports injuries, performance enhancement, and more.

Manhattan, NY  
Sunday  
August 4, 2019

PESI®  
Rehab  
[www.pesirehab.com](http://www.pesirehab.com)  
A Non-Profit Organization Connecting Knowledge with Need Since 1979



REGISTER NOW: [pesirehab.com/express/71580](http://pesirehab.com/express/71580)



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**





Until now, choices were limited if you wanted to incorporate tools into your practice.

You had to buy expensive tools and attend an expensive class that locked you into one way of applying techniques.

**Not anymore.** Taught by industry-leading experts in movement assessment and therapy, these hands-on certification programs equip you with all the skills you'll need to begin using IASTM and Cupping with your patients tomorrow – without spending thousands on equipment.

Register for a class and join the ranks of FMT Certified Practitioners.



These events are a members of RockTape's Functional Movement Techniques (FMT) Certification Series and are equivalent to FMT Basic and FMT Performance.

## Kinesiology Taping Practitioner Certification

explores the fundamentals of modern taping techniques through a full day of interactive labs. Learn how to combine taping and functional movement to produce the kinds of active treatment strategies that are revolutionizing rehab. Practice treatments you can use the next day for pain, posture, edema, scars and neurological symptoms.

## Advanced Kinesiology Taping Practitioner Certification

builds on the fundamentals with innovative applications that integrate the latest neuroscience research. Master advanced treatments that utilize myofascial pathways to address common sports injuries and improve athletic performance.



**Questions?** Call customer service at 800-844-8260

## Speaker

**JESSICA HILL, PT, DPT, CSCS**, is a physical therapist who received her BA in biology and psychology at Dartmouth College. She completed her professional training at Simmons College where she earned her Masters Degree in physical therapy and her Clinical Doctorate Degree in physical therapy in 2002. She is a Certified Strength & Conditioning Specialist (CSCS) through the National Strength & Conditioning Association, certified Specialized Functional Movement Assessment (SFMA) level 1 practitioner, certified Functional Movement Screen (FMS) level 1 practitioner, and a certified Functional Movement Techniques provider through RockTape. Dr. Hill has 15 years of clinical experience in general orthopedics, sports medicine, industrial rehabilitation, pre-/post-surgical care, performance enhancement, wellness training, and injury prevention. She works with patients of all ages and across all activity levels from highly sedentary people to highly active populations including national caliber/professional/semi-pro/collegiate athletes, extreme and ultra-athletes, law enforcement, and military. Dr. Hill co-founded a group of highly successful outpatient physical therapy practices in VT before starting a solo, concierge practice in NYC.

Dr. Hill evaluates and treats with a whole-body approach that combines knowledge and understanding of localized anatomy and function within the context of full body structure, function, and movement patterns. She works to restore compromised mobility, strength, stability, and movement patterning through a variety of manual techniques, IASTM, active modalities, progressive exercise, taping, and education. She enjoys solid rapport with her patients and clients, clinical problem-solving, and watching her patients and clients progress to the activities they need to do, want to do, and aspire to do.

Dr. Hill is a self-professed "biomechanics, kinetic chain, fascial train, feed the brain enthusiast" who never tires of learning new treatment and training techniques, perspectives, and the latest the medical literature has to offer. She is an avid skier (telemark), cyclist, ice hockey player, photographer, and outdoor enthusiast. She will read anything an arm's length away. She lives by the guiding principle to, "Always leave it better than I found it, regardless of what it is."

Speaker Disclosure:

Financial: Jessica Hill maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Jessica Hill has no relevant non-financial relationships to disclose.

## Seminar Schedule:

**7:30:** Registration/Morning Coffee & Tea

**8:00:** Program begins

**Lunch:** 1 hour (on your own)

**5:30:** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

## What to Wear

Please wear lab-appropriate clothing that allows access to skin/muscles. Loose shorts and tank tops are recommended.

## Who Should Attend

- Physical Therapists/PTAs
- Occupational Therapists/OTAs
- Athletic Trainers
- Chiropractors
- Massage Therapists
- Lymphedema Specialists
- Personal Trainers
- Nurses
- Nurse Practitioners
- Acupuncturists
- Certified Strength and Conditioning Specialists
- Exercise Physiologists
- Physicians
- Physician Assistants

**SAVE! ORDER TODAY** [ FREE SHIPPING WHEN ORDERED WITH YOUR SEMINAR REGISTRATION ]

## ROCKTAPE® TAPING VARIETY KIT!

**Kit Includes one of each:**  
RockTape Rx Black, 2" x 16.4'  
RockTape Beige, 2" x 16.4'  
RockTape Beige, 4" x 16.4'  
Precut Edema Strips - Beige

**MSRP \$118.00**  
KIT085244

**NOW ONLY**  
**\$89<sup>99</sup>**



## Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepes@pesi.com or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

### Kinesiology Taping Practitioner Certification

**ATHLETIC TRAINERS:** PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 8.0 hours of Category A continuing education.

**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 5 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

**MESSAGE THERAPISTS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/71580](http://www.pesi.com/events/detail/71580).

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 8.0 contact hours. Partial contact hours will be awarded for partial attendance.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 8.0 contact hours or .8 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 8.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary by state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS:** This course has been approved by the New Jersey Board of Physical Therapy Examiners for 8.0 credits. Board Course Number: 1905-53.

**NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 9.6 Contact Hours.

**OTHER PROFESSIONS:** This activity qualifies for 480 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

### Advanced Kinesiology Taping Practitioner Certification

**ATHLETIC TRAINERS:** PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 8.0 hours of Category A continuing education.

**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 8.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

**MESSAGE THERAPISTS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/71580](http://www.pesi.com/events/detail/71580).

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 8.0 contact hours. Partial contact hours will be awarded for partial attendance.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 8.0 contact hours or .8 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 8.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary by state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS:** This course has been approved by the New Jersey Board of Physical Therapy Examiners for 8.0 credits. Board Course Number: 1905-51.

**NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 9.6 Contact Hours.

**OTHER PROFESSIONS:** This activity qualifies for 480 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$30 per day Tuition:** If you are interested in being our registration coordinator, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/students](http://www.pesirehab.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

**Seminar on DVD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.com) call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

### Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker, or have a new topic idea, please contact Celestee Roufs at [croufs@pesi.com](mailto:croufs@pesi.com) or 715-855-5229.



**Group training made easy!**

Professional content, expert presenters, CE credit, training materials and more. [www.pesirehab.com/inhouse](http://www.pesirehab.com/inhouse)

## How to Register:

KINESIOLOGY TAPING PRACTITIONER CERTIFICATION -AND- ADVANCED KINESIOLOGY TAPING PRACTITIONER CERTIFICATION

**QUESTIONS?** Call 800-844-8260 or e-mail us at [info@pesirehab.com](mailto:info@pesirehab.com).

### ONLINE

[pesirehab.com/express/71580](http://pesirehab.com/express/71580)

### PHONE

800-844-8260

Please have credit card available

### FAX

800-554-9775

### MAIL

PESI Rehab  
PO Box 1000  
Eau Claire, WI  
54702-1000

**Save \$100 when you register early for both seminars**

## 2 Please select a date, location & course:

(make copy of locations)

### Kinesiology Taping Practitioner Certification

☐ **WHITE PLAINS, NY** 71580WPL

**July 10, 2019**  
Crowne Plaza, 66 Hale Ave • 10601  
(914) 682-0050

☐ **MANHATTAN, NY** 71580NYO

**July 11, 2019**  
Martinique New York, 49 W 32nd St • 10001  
(212) 736-3800

☐ **MANHATTAN, NY** 71580NYO

**August 3, 2019**  
Martinique New York, 49 W 32nd St • 10001  
(212) 736-3800

### Advanced Kinesiology Taping Practitioner Certification

☐ **MANHATTAN, NY** 71580NYO

**August 4, 2019**  
Martinique New York, 49 W 32nd St • 10001  
(212) 736-3800

**REGISTER FOR BOTH DAYS AND SAVE!**

**REGISTER NOW:**

[pesirehab.com/express/71580](http://pesirehab.com/express/71580)

## CAN'T ATTEND THE SEMINAR?

See below for individual product orders

- **Kinesiology Taping Practitioner Certification DVD** \$199.99 (RNV020647)
- **Advanced Kinesiology Taping Practitioner Certification DVD** \$199.99 (RNV020985)

☐ **RockTape Taping Variety Pack** [KIT085244] ..... \$89.99\*

CE hours and approvals on products may differ from live CE approvals.

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ \_\_\_\_\_  
\*Shipping \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
\*\*Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_