

## Outline

### PRINCIPLES OF KINESIOLOGY TAPING

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

### THE NEUROSENSORY POWER OF TAPING

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

### FUNDAMENTAL TAPING TECHNIQUES AND TREATMENT STRATEGIES

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

Hands-On Lab

### PAIN TAPING

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

Hands-On Lab

### FLUID DYNAMICS TAPING

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

Hands-On Lab

### POSTURE TAPING

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

Hands-On Lab

### SCAR TAPING

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

Hands-On Lab

### NEURO TAPING

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

Hands-On Lab

### CODING AND DOCUMENTATION FOR REIMBURSEMENT

### CASE STUDIES AND PROBLEM SOLVING

## Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Massage Therapists
- Personal Trainers

## What to Wear

Please wear comfortable and loose clothing for labs. Shorts are recommended.

### Questions?

Call customer service at  
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# Kinesiology Taping Practitioner Certification

## Combining Taping & Movement to Improve Functional Outcomes

Prolong longevity of your manual therapy with proven techniques that get results fast.



I work with a lot of stroke patients and older patients with pain, and I can see this being very beneficial to treatment.  
— PT



Awesome class! I really learned a lot about taping techniques I can use in my daily practice for pediatric, athletic, and geriatric populations. Instructor is very knowledgeable and entertaining.  
— PT



I already have so many patients running through my head that I can use this information with!  
— OT

**King of Prussia, PA**  
September 10, 2019

**Mount Laurel, NJ**  
September 11, 2019

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Become a Certified Kinesiology Taping Practitioner in this hands-on 8-hour seminar, powered by RockTape

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CERTIFICATION SERIES



# Kinesiology Taping Practitioner Certification

Combining Taping & Movement to Improve Functional Outcomes

Learn powerful taping techniques during this hands on seminar to:

- Correct postural imbalances
- Prevent injury
- Address pain and nerve entrapments
- Improve movement and motor control
- Enhance coordination and proprioception
- Manage edema/swelling/bruising
- Reduce scarring and improve scar mobility

**King of Prussia, PA**  
Tuesday  
September 10, 2019

**Mount Laurel, NJ**  
Wednesday  
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Kinesiology Taping, Redefined

From sports medicine to stroke rehab, kinesiology tape has rapidly gained popularity in rehabilitation due to its unique ability to improve movement and function. One the most versatile treatment tools in rehab, taping has been shown to improve outcomes with a vast variety of therapies, including functional movement therapies, manual therapy, splinting, Neuro-Developmental Treatment (NDT)), Hippo- and Aquatic Therapies, and more.

This hands-on certification seminar will equip you with all the skills you'll need to begin taping patients across the continuum of care. Explore the fundamentals of modern taping techniques, discover advanced interventions that integrate the latest neuroscience research, and learn how to combine taping with functional movement to produce the kinds of active treatments that are revolutionizing rehab. Numerous case studies will be presented that demonstrate how taping can help deliver superior rehab outcomes, and hands-on labs throughout the program will show you how to get impressive results with your patients.

Speaker

**JOSEPH LAVACCA, PT, DPT, OCS, CFSC, FMS, FMT-C, SFMA,** is an experienced outpatient orthopedic clinician who graduated from Sacred Heart University with his Bachelor of exercise science degree in 2008, and his Doctorate of physical therapy in 2010. He also has certifications in movement screens for both the FMS and SFMA, Functional Strength Coaching, as well as Fascial Movement Taping and Performance Movement Techniques through RockTape. Dr. LaVacca is an Orthopedic Clinical Specialist and has experience in Maitland-Based Manual Treatments, instrument-assisted soft tissue mobilization, kinesiology taping, and movement assessment/performance screening. He is a nationwide speaker and frequently teaches healthcare practitioners about kinesiology taping and movement assessment principles.

Speaker Disclosure:  
Financial: Joseph Lavacca is the owner of Strength in Motion Physical Therapy. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Joseph Lavacca has no relevant non-financial relationship to disclose.

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.



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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.

- 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.

**PERSONAL TRAINERS:** This course has been approved by the National Academy of Sports Medicine (NASM-BOC) for 0.8 CEUs. PESI, Inc. Provider Number is 544.
- MASSAGE THERAPISTS:** PESI, Inc. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #1808. This course is offered for 8.0 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.

**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.

**NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the New Jersey State Board of Physical Therapy for review.

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**VIRGINIA PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS:** This course has been approved for 8.0 contact hours by the Virginia Physical Therapy Association. Approval #: CEUL026360.

**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.

# How to Register

KINESIOLOGY TAPING PRACTITIONER CERTIFICATION  
Questions? Visit [www.pesirehab.com/faqs](http://www.pesirehab.com/faqs), or call 800-844-8260

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