

## 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 Bring

Yoga mat or massage table (if applicable)

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

## Live 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.

This program is a member of RockTape's  
Functional Movement Techniques (FMT)  
Certification Series. No previous FMT  
coursework is required to attend.



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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

**Bakersfield, CA**  
November 18, 2019

**Culver City, CA**  
November 19, 2019

**Covina, CA**  
November 21, 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

**Bakersfield, CA**  
Monday, November 18, 2019

**Culver City, CA**  
Tuesday, November 19, 2019

**Covina, CA**  
Thursday, November 21, 2019



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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

CARLOS ROEL, PT, DPT, OCS, ATC, CSCS, is a Doctor of Physical Therapy, Certified Athletic Trainer, Certified Strength and Conditioning Specialist, and a Board-Certified Clinical Specialist in Orthopedic Physical Therapy. An active clinician, Dr. Roel is on the medical support team for the US Soccer Federation’s Paralympic Team, USA Volleyball’s Beach Teams, US Fencing Association, and Kreiswirth Sports Medicine/International Brazilian Jiu-Jitsu Federation. In addition, he serves on the board of directors for the Armenian American Sports Medicine Coalition.

Outreach and education are important aspects of Dr. Roel’s career, and he trains therapists nationally with RockTape and PESI on topics such as kinesiology taping, instrument-assisted soft tissue mobilization, and myofascial cupping. He is also involved in the education and training of future health care professionals as an instructor at Azusa Pacific University, Western University of Health Sciences, and California State University, Northridge.

Speaker Disclosure:  
Financial: Carlos Roel has an employment relationship with Evergreen Physical Therapy Specialists. He receives an honorarium from RockTape. Dr. Roel receives a speaking honorarium from PESI, Inc.  
Non-financial: Carlos Roel 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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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 [cepesi@pesi.com](mailto:cepesi@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.

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**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.

**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.

**California Physical Therapists & Physical Therapist Assistants:** PESI, Inc. is recognized by the Physical Therapy Board of California as an approval agency to approve providers. This lecture qualifies for 8.0 continuing competency 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.

How to Register

KINESIOLOGY TAPING PRACTITIONER CERTIFICATION  
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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.

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