# 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 TECHNIOUES AND TREATMENT STRATEGIES

- Types of taping
- Techniques

♥ Hands-On Lab

**PAIN TAPING** 

- Cuts
- Tension
- Care tips
- Indications/contraindications

Methods and application

Trunk/Lower extremity

Who Should Attend

• Effects and benefits

Physical Therapists

Physical Therapist Assistants

Upper extremity

Combining taping with movement

- Effects and benefits
- Nerve tract irritation

#### 🖖 Hands-On Lab

CODING AND DOCUMENTATION FOR REIMBURSEMENT

#### CASE STUDIES AND PROBLEM SOLVING

# Live Seminar Schedule

8:00: Program begins Lunch: 1 hour (on your own)

Actual lunch and break start times are at the discretion of the speaker.

# What to Bring

Yoga mat or massage table (if applicable)

This program is a member of RockTape's **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**

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\* \* \* \* \*

#### $\star \star \star \star \star$

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! - 0T

## **Brooklyn Center, MN** Thursday, December 12, 2019

**Bloomington**, **MN** Friday, December 13, 2019

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Functional Movement Techniques (FMT)

Special populations and conditions

#### Hands-On Lab

#### **NEURO TAPING**

- Upper and lower extremities

7:30: Registration/Morning Coffee & Tea

A more detailed schedule is available upon request.

5:30: Program ends There will be two 15-min breaks (mid-morning & mid-afternoon).

 Occupational Therapists Occupational Therapy Assistants Athletic Trainers Massage Therapists Personal Trainers

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#### **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

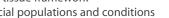
 Posture evaluation from head to toe Common postural dysfunctions

## Exercise interventions

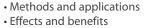
# ✤ Hands-On Lab

#### **SCAR TAPING** Methods and application

- Effects and benefits
- Scar tissue assessment
- Scar tissue framework







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# **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

**Brooklyn Center, MN** 

Thursday, December 12, 2019

# **Bloomington**, MN

Friday, December 13, 2019



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979



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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

**REID NELLES, DC,** is a chiropractor who earned his Bachelor of Science from University of Minnesota – Duluth where he then followed his passion onto Northwestern Health Sciences University to pursue a Doctorate in Chiropractic. Reid was fortunate to be chosen for the medical staffing of the World Sport Games in Lignano, Italy which kick started his infatuation with sports chiropractic. Over the years, he has honed his experience and gained even more knowledge of movement patterns, corrective exercises, hands-on techniques, and so much more within the athlete population.

He owns and operates Minnesota Movement, a clinic in Excelsior, Minnesota, It is here that Dr. Reid fulfills his role in the community of ensuring that no athlete or person has a reason to skip a work out. bike ride, game, round of golf, day with their kids, or any activity due to an injury or pain. Reid believes that; if you move - you're an athlete. Reid is a self-proclaimed "jack of all trades, master of none" when it comes to athletic endeavors and loves golf, skiing, snowboarding, hiking, hockey, wakeboarding, waterskiing, fishing and hunting. His primary goal is to restore and improve qualities of movement with anyone he sees.

#### Speaker Disclosure:

Financial: Reid Nelles is owner of Minnesota Movement. He receives a speaking honorarium from PESI, Inc. Non-financial: Reid Nelles 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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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

Minnesota Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Minnesota Board of Physical Therapy for review. Credit is pending.

Wisconsin Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Wisconsin Physical Therapy Association. Credit is pendina

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



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# **How to Register**

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Please complete entire form (to notify you of seminar changes):

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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

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