

Outline

FUNCTIONAL MOVEMENT TECHNIQUES: TAPING REDEFINED

- Evolution of kinesiology taping
- Directional→ movement focused
- Comparing kinesiology tapes: stretch, adherence, longevity

TAPE MOVEMENTS, NOT MUSCLES

- Neurosensory - skin to brain connection
- Peripheral nerves
- Tactile acuity - sensory system/receptors

HANDS-ON LABS TECHNIQUES AND TREATMENT STRATEGIES

- Hands on with the tape!
- Where to cut? Tips for turning corners
- Does direction matter? How many pieces?
- Stretch, stabilize, decompress
- Indications/contraindications

COMBINE TAPING WITH MOVEMENT: REAL WORLD SOLUTIONS FOR THE WHOLE BODY

HANDS-ON LABS PAIN IS A REQUEST FOR CHANGE

- Methods and application for treating pain
- Upper extremity
 - Shoulder
 - Lateral/medial elbow
 - Wrist
 - AC joint
- Trunk/Lower extremity
 - Knee pain
 - Shin splints
 - Calf and achilles
 - SI joint
 - Plantar fasciitis

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.

What to Bring

Yoga mat or massage table (if applicable)

Questions? Call customer service at
800-844-8260

HANDS-ON LABS FLUID DYNAMICS – LIFTING EFFECTS OF TAPE

- Decompression strategy vs. compression strategy
- Promote lymph movement with jellyfish taping technique
- Methods and application
 - Acute swelling from trauma
 - Chronic edema conditions
 - Lymphedema

HANDS-ON LABS MANAGING MUSCULOSKELETAL CONDITIONS

- Varying approaches for acute vs chronic conditions
 - Low back pain- is it acute or chronic?
 - Shoulder strains- pain or proprioceptive improvement?
 - Ankle sprains- edema or pain management?
 - Post-operative conditions- avoid incisions while improving outcomes

HANDS-ON LABS POSTURAL CORRECTIONS

- Kinesthetic guidance = behavior modification
- Posture evaluation from head to toe
 - Upper and lower cross syndrome
 - Hyperkyphosis
 - Forward head posture

KNOWLEDGE INTO ACTION - CASE STUDIES AND PROBLEM SOLVING

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



Live Seminar Schedule

7:30: Registration/Morning Coffee & Tea

8:00: Program begins

Lunch: 1 hour (on your own)

3:30: 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.

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Infographic on Kinesiology Taping Basics!

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★★★★★

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

Asheville, NC

Wednesday, February 19, 2020

Knoxville, TN

Thursday, February 20, 2020

Nashville, TN

Friday, February 21, 2020

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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

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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 of 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

JENNIFER HUTTON, PT, DPT, practices at Vanderbilt Children’s Hospital in Nashville, Tennessee, treating pediatric populations with developmental delays as well as neurological and orthopedic diagnoses. Additionally, she serves as lead physical therapist in a regional combined specialty hip clinic, which offers preoperative and postoperative rehabilitation programs for local patients of all ages.

A graduate of Loma Linda University’s doctoral program, she has attained numerous professional certifications over the course of her career, from Selective Functional Movement Assessment (SFMA) and Functional Movement System (FMS) to Myodetox Level 1 (manual therapy). In her free time, she is involved in several community efforts for children with disabilities, such as volunteering for modified triathlons, building adaptive bicycles, and planning adaptive sports camps. Jennifer truly enjoys working with children and believes that helping them achieve their independence while empowering them to move better will be pivotal as they progress in life.

Speaker Disclosure:
Financial: Jennifer Hutton has an employment relationship with Vanderbilt Children’s Hospital. She receives a speaking honorarium from PESI, Inc.
Non-financial: Jennifer Hutton has no relevant non-financial relationship to disclose.

Objectives

- 1. Explain the physiological effects of kinesiology taping.
- 2. Assess functional taping techniques as they apply to pain, edema management, neurologic conditions, scar and posture improvement.
- 3. Analyze the concepts of longitudinal fascial chain kinesiology taping.
- 4. Demonstrate fluid dynamics taping applications for acute edema and chronic fluid dysfunction conditions using the jellyfish taping method.
- 5. Demonstrate varied tape application techniques for common musculo-skeletal injury conditions such as low back pain, shoulder strains, ankle sprains and post-operative patient/client care.
- 6. Demonstrate posture taping applications for correction of common chronic postural deficits of the upper and lower spine regions.



HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Orion Tarpley at otarpley@pesi.com or call 715-855-5262.



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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 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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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.

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