



# **THERAPEUTIC TAPING**

## **FOR IMPROVED ALIGNMENT AND NEUROMUSCULAR RE-EDUCATION**

**Patricia (Trish) Martin, PT, Certified Kinesio Taping® Instructor**  
**Audrey Yasukawa, MOT, Certified Kinesio Taping® Instructor**

**FRIDAY AUGUST 3 - SATURDAY AUGUST 4, 2018**

**Therapy West Inc./pLAY Studio**  
**18333 S. Main Street**  
**Gardena, CA 90248**  
**Contact: (310) 892-3174 or [dkiefer@therapywest.org](mailto:dkiefer@therapywest.org)**

### **Course Description**

This 2 day course will focus on use of static and dynamic taping techniques to facilitate improved alignment and muscle re-education for function. Developmental biomechanics in relation to treatment will be reviewed. Tapes and interventions used include: Leukotape, Kinesio Tape®, velcro patches with elastic straps, Fabrifoam wraps, Thera Togs™, SPIOs and DMO compression orthotics.

### **Program Objectives**

#### **UPON COMPLETION OF THE COURSE, PARTICIPANTS WILL BE ABLE TO:**

- Identify specific developmental features in trunk, upper and lower extremities in relation to assessments for taping and strapping.
- Describe the importance of alignment for support and initiation of movement.
- Identify precautions and contraindications to taping.
- Describe the following taping materials: Leukotape, Hypafix/Coveroll, Kinesio® Tex tape, Velcro patches with velstretch, Fabrifoam wraps, Thera Togs™ and other compression orthotics.
- Explain the use of taping to improve neuromuscular reeducation through alignment in functional activities.
- Describe skin care and tape removal for the pediatric population.
- Demonstrate a minimum of 4 taping techniques to address specific alignment concerns.

### **Participant Requirements**

This entry-level course is open to physical therapists, occupational therapists and assistants, as well as athletic trainers, massage therapists and chiropractors. Participants should bring lab clothes (short, tank tops or bathing suits) in order to practice taping techniques, as well as a muscle atlas and scissors.

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## About the Instructors

**Patricia (Trish) Martin**, PT, Certified Kinesio Taping® Instructor, is the Director of Therapy Services at Cleveland Clinic Children's Hospital for Rehabilitation. She specializes in lower extremity biomechanics, casting, splint fabrication, and taping in the treatment of children with orthopedic and neurological involvement. Trish has been using Kinesio Tape® for sixteen and has been taping for eighteen years. Trish has over thirty years of experience in private practice, hospital, and clinic settings. She has experience in treatment of adults and children with neurological and orthopedic issues, as well as athletes. She has written articles on the use of Kinesio Tape® in the pediatric population. She is pediatric NDT trained. Trish has presented courses on Therapeutic Taping® for Alignment and Muscle Re-education, Adult Kinesio Taping® Fundamentals and Whole Body Techniques, Kinesio Taping® in Pediatrics, Treatment of Children with Brachial Plexus Injury, Lower Extremity Casting and Pediatric Gait.

**Audrey Yasukawa**, MOT, Certified Kinesio Taping® Instructor, is currently Chief of Occupation Therapy at La Rabida Children's Hospital in Chicago. Audrey served as a resource clinician at The Rehabilitation Institute of Chicago for eight years. While at RIC, she assisted in the Upper Extremity Botox Clinic, piloted several pediatric research projects, and published numerous articles as well as several research studies on casting and taping. She is pediatric and adult NDT trained. Audrey has over thirty years of experience as an occupational therapist. She also has experience working with adult and pediatric patients with a variety of neurological and orthopedic diagnoses. She has published numerous research articles on the use of Kinesio Tape® in the pediatric population. Audrey has presented courses on Upper Extremity Casting, Spasticity Management, Adult Kinesio Taping® Fundamentals and Whole Body Techniques, Kinesio Taping® in Pediatrics, and Treatment of Children with Brachial Plexus Injury.

## Schedule

DAY 1		DAY 2	
8:00	Registration	8:00	Review and Questions
8:30	Introduction	8:15	Compression Orthotics
8:45	Developmental Biomechanics and Boney Modeling	9:30	Lab: Shoulder and Forearm Rotation Taping
10:00	Break	10:30	Break
10:15	Taping Basics and Principles	10:45	Knee Taping
11:15	Static Versus Dynamic Taping, Introduction to Materials	12:00	Lunch
12:15	Lunch	1:00	Lab: Ankle and Foot Taping
1:15	Lab: Basic Taping Techniques	2:30	Break
	Trunk Extension, Abdominals	2:45	Wrist and Hand Taping
2:15	Lab: Scapula Taping	4:00	Problem-solving
3:15	Break	4:30	Questions/ Discussion/ Wrap Up
3:30	Lab: Hip and Knee Rotation Taping		
4:45	Questions/ Wrap-up/ Discussion		
5:00	End		

## Cancellation Policy

There will be a \$50 processing fee for cancellation by a participant more than 14 days prior to the course. No refunds will be given for cancellations within 14 days of the course; however, registrations may be applied towards a future seminar with a \$50 processing fee. In the event of course cancellation by Therapy West, Inc., a full refund will be provided.

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<b>Registration (Please mark one):</b> ___ \$450 Standard Registration ___ \$425 Group Registration (3 or more participants registering simultaneously)	
<b>Optional Panera Lunch Option:</b> For an additional <b>\$15/day</b> , a Panera lunch will be delivered at the start of break. If interested, please indicate your selection for day(s) in which you are interested. For example, mark, "F" for Friday, "SAT" for Saturday:  ___ Roasted Turkey & Avocado Sandwich      ___ Bacon Turkey Bravo Sandwich ___ Chicken Cobb Salad w/Avocado            ___ Greek Salad w/Chicken *Sandwiches come with chips; salads come with baguette. Drinks will be provided.	
<b>TOTAL</b>	

Name: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Email Address (REQUIRED): \_\_\_\_\_

Profession (please circle): PT / OT / PTA / COTA / OTA / SLP

**REGISTRATION & PAYMENT METHODS:**

1. Online: Register online at [www.therapywest.org](http://www.therapywest.org) and pay with PayPal

2. Register via email. Email form to [dkiefer@therapywest.org](mailto:dkiefer@therapywest.org)

Form should include payment information below.:

**Check:** Payable to Therapy West. Please send check to:  
 Therapy West, Inc., Attn: Jhoanna Swan  
 11605 Washington Blvd  
 Los Angeles, CA 90066

**Credit Card Number:** \_\_\_\_\_

VISA / MC / DISC    Security Code: \_\_\_\_\_    Expiration Date: (\_\_\_\_\_/\_\_\_\_/\_\_\_\_)

Name on card & billing address: \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

Signature: \_\_\_\_\_

**Registration Information & Cancellation Policy**

Email confirmation will be sent upon receipt of payment. Payments received within 14 days of the course must be made with a credit card. Please DO NOT make travel or hotel accommodations until you have received confirmation of your registration. There will be a \$50 processing fee for cancellation by a participant. In the event of course cancellation by Therapy West, Inc., a full refund will be provided.