

## **Kinesiotaping Certification**

## **By Kinesiotaping Association (KTA)**

Kinesio Taping's revolutionary techniques have become the gold standard in therapeutic rehabilitative taping, having been identified as a highly effective way to treat muscular disorders and lymphoedema reduction.

The Kinesio Taping Association advise that courses should be taken as a KT1 and 2 (two day) course, followed by a KT3 course at a later date. This is to ensure that practitioners get enough practice with Kinesio Tape prior to completing the advanced KT3 course.

Kinesio courses are suitable for a variety of practitioners including, physiotherapists, osteopaths, chiropractors, sport massage therapists and lymphoedema specialists.

### **KT1-One day course-Open to everyone (A basic knowledge of muscles is required)**

The KT1 course introduces practitioners to the Kinesio Taping® Method. During the 8 hours of this course, the fundamental concepts of Kinesio Taping® will be discussed and practitioners will learn the basic taping methods using Kinesio Tex Tape®. Attendees will be given ample time to practice KT methods in order to enhance your skills. Upon completion of this course, attendees will be able to apply the Kinesio Taping® Method to relax overuse syndromes, stimulate weak muscles and decrease pain and swelling.

### **KT2-One day course-Practitioners only (KT1 required)**

The KT2 course consists of advanced concepts and corrective techniques, building on the material learnt in KT1. During this course, attendees will learn about the six corrective techniques (Mechanical, Functional, Space, Fascia, Ligament/Tendon, and Lymphatic) and discuss their applications. Again, attendees will have plenty of time to practice applying these techniques. Upon completion of this course, practitioners will be able to discuss and apply the KT method to orthopaedic and neurological conditions. Under new KTA guidelines, practitioners will become certified after completing KT1 and KT2.

### **KT3-One day course-Practitioners only (KT1 and 2 required)**

The KT3 course can be addressed to specific professions and clinical conditions such as Sports Medicine, Lymphoedema, Paediatrics and Hand Therapy. This advanced course allows practitioners to further develop their skills in their specific area of interest. KT3 can also be a refresher course.

### **Attendees must take courses in order (KT1 & KT2 before KT3)**

ONLY KTA-APPROVED courses are considered for obtaining accreditation as a Certified Kinesio Taping® Practitioner (CKTP). This is achieved after completion of KT3.

**Dates : 4th and 5th February, 2012(Saturday & Sunday)**

Venue: **Hotel Atria Bangalore**

#1,Palace Road,

Bangalore-560 001

Ph: +91-80-2220 5205 / 4113 6157 /59 /60

Fx: +91-80-4113 8538 / 2225 6850 URL: [www.atriahotel.com](http://www.atriahotel.com)

Price: Rs.10000/- (**This covers the cost of manuals, tape and 2 months access to the Kinesio Taping Association Database**)

The membership comprises of:

- Online access to all the taping techniques in video format
- Access to the international Kinesio forums - after the course, you can ask medical questions to other Kinesio users - many of these people are the who's who of the physio world including US and UK physios who look after national teams etc.
- Access to all current research about Kinesio.

Demand draft in favour of "Medilab India" payable at Bangalore

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Email : [medilabindia@yahoo.com](mailto:medilabindia@yahoo.com). Contact person: Jyothiprasad Hegde

## **COURSE Syllabus**

KT1 FUNDAMENTALS Of Kinesio Taping® (Total hours: 8)

Introduction to Kinesio Taping® Concepts (2 hrs)

History of Kinesio Taping technique.

Introduction to Kinesio Taping® Concepts (2 hrs)

Benefits and limitations of Kinesio Taping.

Physical characteristics and qualities of Kinesio -Tex Tape.

Application of tape to learn proper 'feel' and how to remove tape from backing.

Examine difference between longitudinal and cross-wise stretching of the tape.

Stretch properties of Kinesio Tape.

Basic application techniques of how tape is cut and applied, preparation of body part to be taped and maintenance of tape once it is applied.

Basic Upper Body Kinesio Taping® Techniques (3 hrs)

Basic Lower Body Kinesio Taping® Techniques (3 hrs)

KT2 ADVANCED Kinesio Taping® CORRECTIVE TECHNIQUES (Total hours: 8)

Corrective Kinesio Taping® Techniques (2 hrs) Mechanical Correction

Fascia Correction

Space Correction

Ligament/Tendon Correction

Functional Correction

Lymphatic Correction

Corrective Technique Applications (6 hrs)

Impingement Syndrome

Shoulder Bursitis

AC Joint Sprain

Shoulder Instability

Biceps Tendonitis

Sports Related Injuries of the Elbow/Wrist

Lateral Epicondylitis

Medial Epicondylitis

Elbow Hyperextension

Olecranon Bursitis

Carpal Tunnel Syndrome

Lumbar Spine

Hip

Knee

Ankle/Foot

**Instructor:**

**Certified Kinesio Taping Instructor in India, Abhiya Gupta, is based in Bangalore and has been trained by Dr Kenzo Kase, founder of the Kinesio Taping Method. Abhiya is a qualified physiotherapist with over 8 years experience in physical therapy, treatment and rehabilitation with sports, hospital and private clinical settings. Currently, she runs her own physiotherapy clinic in Bangalore. This allows her to practice a broad range of clinical skills and she frequently uses Kinesio Taping as part of her treatment. She also provides physiotherapy for elite sports people within tennis, cricket and athletics tournament**

**Registration Form**

Name-.....

Address- .....

.....

Institution if applicable- .....

Phone-..... Email-.....

UG.Student / Intern/ PG. Student/ Therapist (circle applicable)

DD Number and Date - .....

**Terms and Conditions-**

- Cancellation policy-Fees for course will not be refunded under any circumstances. However, a replacement candidate can be arranged by the participant in case of the participant's inability to attend. If Medilab India cancels the course due to lack of minimum number of participants or any other reason, the participant will be eligible for a complete refund of course fees.

- All registration DD should be accompanied by this form. Medilab India will not be responsible for misplaced DD which are sent without the forms.

- All fees will be accepted in DD form only.

- PLEASE DO NOT SEND CASH.

I have read the above terms and conditions and wish to enrol for the said course.

Signature of participant