

KT4: Speciality Lymphatic Concepts of the Kinesio Taping Method

(Pre-requisite, completion of KTA approved KT1, KT2, and KT3 courses)

Course Description

The KT4 Lymphatic course will address Kinesio Taping Methods for lymphatic and circulatory conditions of the upper and lower extremities through lab and lecture format. It will also address Kinesio Taping Methods for improving breathing, constipation, muscle and posture issues, and other conditions that affect the lymphatic function. Advanced fascial and scar management methods to improve lymphatic flow will be addressed. Advanced swelling management for the initial, collector, and deep lymphatics will also be discussed. Participants will have the opportunity to practice innovative Kinesio Taping Methods.

Course Objectives

- Describe advanced lymphatic drainage concepts and theories
- Demonstrate Kinesio Taping application to relax and stimulate muscles for lymph drainage
- Demonstrate Kinesio Taping application for constipation and breathing for deep lymphatic drainage
- Demonstrate Kinesio Taping application for posture correction to encourage deep and superficial lymphatic drainage
- Demonstrate Kinesio Taping advanced application on scar tissue to open lymphatic pathways
- Demonstrate Kinesio Taping application for fascia conditions that affect superficial and deep lymphatic drainage
- Demonstrate Kinesio Taping application for superficial collector and deep lymphatic conditions

Day 3 (April 27, 2014)- KT4 Specialty Lymphatic Concept

7:30	Sign in
8:00-10:00	Kinesio Taping Theory and Concepts in the Treatment of Lymphedema and Chronic Swelling Conditions
10:00-10:15	Break
11:15-11:30	Kinesio Taping for the Deep Lymphatic Pathways to Include Breathing, Intestine, and Posture Methods
11:30-12:30	Lunch
12:30-3:30	Kinesio Taping for the Superficial Lymphatic Pathways for the Head and Neck, Upper Extremity, Trunk, Genitals, and Lower Extremity
3:30-3:15	Break
3:15-5:00	Kinesio Taping for Fascia, Cording, and Scar to Assist in the Treatment of Lymphatic Pathways
5:00-5:30	Requests, Q&A, Conclusion

*Please inform us if you have any food sensitivities

COURSE COST - Deadline - March 28th

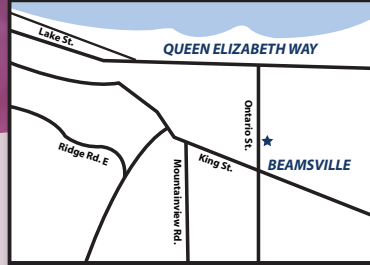
Early Bird - One day = **\$245**, for two days = **\$490**, For all three days = **\$735** **EARLY BIRD DEADLINE** is **MARCH 10, 2014** (after the early bird course cost increase by \$50 per course - proof of prerequisite completion necessary)

CANCELLATION AND REFUND

Registration fee less \$50 will be refunded if written cancellation is received 27 days prior to the course. Beamsville physiotherapy and Arm More Therapy reserve the right to cancel at any time with full refund.

REGISTRATION FORM

Last Name _____
 First Name _____
 Address _____
 City _____ Postal Code _____
 Telephone () _____
 Email _____
 Professional Designation _____
 Facility Name _____



Beamsville Physiotherapy

4413 Ontario St.,
 Suite 202
 Beamsville, ON

PAYMENT

Cheque enclosed
 Visa/Mastercard
 Name _____
 Number _____
 Expiry Date _____

*Please make cheque payable to:

Vivian Dim
Occupational Therapy Professional Corporation

Mailing Address
4413 Ontario St., Suite 202
Beamsville, ON
LOR 1B3

Fax Registration - **905-563-6731**

Online Registration - www.armmoretherapy.com

CONTACT

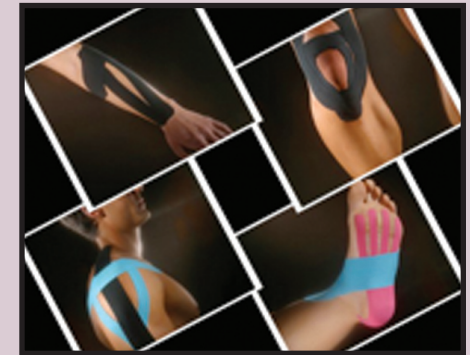
Vivian Dim - OT - Arm More Therapy
p. (289)897-8707 • e. vivian@armmoretherapy.com

Kinesio Tex Taping Courses

April 25-27, 2014

- KT3- Clinical Concepts and Advanced Whole Body
- KT4- Speciality Neurological Concepts
- KT4- Speciality Lymphatic Concepts

*Continuing Education credits: 8CE per course for a total of 24CE if all three days attended



HOSTED BY:

Beamsville Physiotherapy & Arm More Therapy

4413 Ontario St., Suite 202
Beamsville, ON

P:905-563-6730 • F:905-563-6731

Course intended for Healthcare Practitioners: PTs, OTs, ATs, DCs, LACs, MTs, RKins, PTAs

*Upon Completion of KT1, KT2 and KT3, Attendee will be eligible to take the exam to become a Certified Kinesio Taping Practitioner (CKTP)

INSTRUCTOR



Kim is a graduate of the University of Kansas Occupational Therapy Program. She received her Masters of Science degree in Exercise Physiology at the University of Wisconsin- LaCrosse. She has had opportunities to work in a variety of settings including hospital acute care, rehabilitation, long-term care, burn unit, outpatient hand therapy, private practice, and lymphedema clinic. She has taught in Occupational Therapy Assistant programs at Austin Minnesota and at Anoka Minnesota. She has taught at the Occupational Therapy Department at the University of Wisconsin- LaCrosse. She has published articles and research in the Occupational Therapy Forum, American Journal of Occupational Therapy, Journal of Hand Therapy, and British Lymphology Book of Abstracts. She has also published instructional video for Core International Products and instructional DVD for Kinesio Taping Association. Kim co-authored the book, Kinesio Taping for Lymphoedema and Chronic Swelling. Kim is currently working on her second book for KTA. Kim is certified in Manual Lymphatic Treatment. She is also certified as a Kinesio Taping Practioner and Instructor. Kim has lectured internationally in Argentina, Canada, England, Ireland, Israel, Italy, Japan, Mexico, South Korea, Puerto Rico, Scotland, Spain, Russia, United States of America and Wales.

Course Descriptions

KT3: Clinical Concepts and Advanced Whole Body Applications of Kinesio Taping Method

(Pre-requisite, completion of KTA approved KT1 and KT2 courses) Upon completion, qualifies for KTA Level 3 Membership. Also upon completion of this course and pre-requisite KT1 and KT2 seminars, attendees will be eligible to request and take the exam to become a Certified Kinesio Taping Practioner (CKTP).

The KT3 course combines the Kinesio Taping Method foundational concepts of KT1 and KT2 with advanced clinical concepts. The course provides lab time for attendees to practice their skills on the new concepts through a variety of clinical applications. The KT3 course is designed to allow the Certified Kinesio Taping Instructor (CKTI) to cater specific clinical applications to address specific professions.

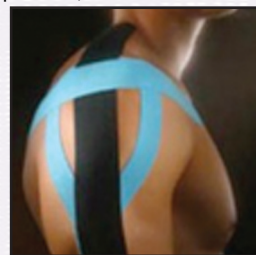
Course Objectives

Upon completion of this course, the participant will be able to:

- Describe the concepts of Kinesio Taping
- Review muscular anatomy as it is related to Kinesio Taping
- Explain and apply the concepts of the Kinesio Taping Method
- Describe the unique qualities of the Kinesio Tex Tape
- Recognize the principles of Kinesio Tex Tape application
- Utilize and demonstrate application skills in guided laboratory sessions
- Demonstrate application skills during lab sessions
- Practice the various cutting techniques and their clinical application
- Apply Kinesio Taping Method for pain, swelling, joint mobility and stability
- Apply various taping techniques for treatment of the spine and upper/lower extremity dysfunction
- Apply various taping techniques for treatment of unique conditions using the concepts and principles of the Kinesio Taping Method

Day 1 (April 25, 2014)- KT3: Clinical Concepts and Advanced Whole Body Applications of the Kinesio Taping

7:30	Sign in
8:00-8:50	Success Stories, Troubleshooting, Evaluation Questions, Assessments, KT1 & KT2 Review
8:50-10:05	Clinical Concepts: Shoulder Impingement Lecture & Lab, Whiplash/Cervical Pain Lecture & Lab, and Chondromalacia Patella Lecture & Lab
10:05-11:10	Intro to Kinesio Scar Tapings, Scar Management- Directional Pull Application and Pitting Scars Application Lecture & Lab
11:10-12:00	Kinesio Taping Advanced Concept: "Basket Weave" Techniques Lecture & Lab
12:00-1:00	Lunch
1:00-1:50	EDF: Epidermis Concept Lecture & Lab
1:50-2:40	EDF: Dermis Concept Lecture, Fascia Concept Lecture & Lab
2:40-2:55	Break
2:55-4:55	Clinical Applications- Lecture & Taping Labs
4:55-5:30	Contraindications & Precautions, Application Requests, Q & A



KT4 Specialty Neurological Concepts of the Kinesio Taping Method

(Pre-requisite, completion of KTA approved KT1, KT2, and KT3 courses) The KT4 Neurological course builds on and expands techniques learned in the KT1, KT2 and KT3 courses. This course addresses variations in nervous system status. The attendees will develop treatment strategies and practice extensive Kinesio Taping techniques to address a wide variety of issues encountered when treating patients with neurological diseases. Some examples include: CVA, CP, ALS, MD, MS, and TBI. The course considers other physiological systems which impact patient considerations when working with the trunk and extremities. Developing, recovering, and deteriorating nervous system patients are investigated, strategies planned, and Kinesio Taping techniques practiced.

Course Objectives

- Classify three Nervous System Status types and expectations for therapeutic intervention
- Develop treatment strategies, based on CNS status, utilizing Kinesio Taping applications to obtain desired results
- Practice specific, advanced Kinesio Taping applications, including the EDF technique to the trunk and extremities after CNS status is determined
- Understand sequential progression of Kinesio Taping techniques when treating adult neurological patients
- Differentiate the rationale for Kinesio Taping applications used with adult neurological patients versus other patient types
- Develop successful, rationale-based strategies to treat the deteriorating nervous system patient

Day 2 (April 26, 2014)- KT4 Specialty Neurological Concept

7:30	Sign in
8:00-10:00	Introduction, Types of nervous system, treatment strategy, evaluation of adult neuro patient, Kinesio Taping assessments, trunk, movement patterns, postural alignment, neck and abdominal lab
10:00-10:15	Break
10:15-12:00	Trunk lab continued, extremity control, special considerations, ortho neuro theory, nervous system status, EDF, developing nervous system, progressive/non-progressive
12:00-1:00	Lunch
1:00-3:00	Recovering systems, CVA, SCI, Guillian-Barre, trunk/scapula alignment, serratus anterior, humeral alignment, hand alignment, EDF lab
3:00-3:15	Break
3:15-4:30	Deteriorating systems, cardiovascular/pulmonary system, anterior diaphragm lab, pelvis alignment, hip, knee, and foot alignment, psoas lab, fascia correction, common problems, functional corrections, ACL lab
4:30-5:15	Case Studies
5:15-5:30	Requests, Q&A, Conclusion