



Kinesio Taping® Fundamentals and Whole Body Techniques: KT1 & KT2

September 23rd ~ 24th (Sat -Sun), 2017

New York, NY

The **SMILE Center** is proud to present a 2 day course Kinseio Taping Course lead by instructors **Audrey Yasukawa, MOT, OTR/L, CKTI** and **Patricia Martin, PT, CKTI**.

The KT1 course is designed to introduce practitioners to the Kinesio Taping® Method. Over the course of this 8 hour class, the instructors will discuss the fundamental concepts of the Kinesio Taping Method and the unique properties and use of Kinesio® Tex Tape. During lab sessions, attendees will have ample time to practice screening and muscle testing created for the enhancement of your KT skills and muscle applications for both the upper and lower body. Upon completion of this course, attendees will be able to discuss and apply the Kinesio Taping Method to relax overuse syndromes, stimulate weak muscles, and decrease pain and swelling.

The KT2 course builds on material learned in KT1. During this 8 hour class, the instructors will introduce the six Corrective Techniques (Mechanical, Functional, Space, Fascia, Ligament/Tendon, and Lymphatic) and discuss their application in a variety of clinical conditions. During lab sessions, attendees will have ample time to practice applying these techniques to a variety of upper and lower body conditions. Upon completion of this course, attendees will be able to discuss and apply the KT Method to orthopedic & neurological conditions.

KT1 & KT2 Course Objectives:

By the end of the course, attendees will be able to:

- Correctly describe the fundamental concepts of Kinesio Taping Method
- Accurately describe the unique qualities of Kinesio Tex Tape
- Apply the Kinesio Taping Method correctly to relax and stimulate muscles
- Correctly apply the 5 corrective techniques of the Kinesio Taping Method in guided laboratory sessions
- Apply the Kinesio Taping Method correctly for pain, swelling, joint mobility, and stability
- Correctly apply Kinesio Taping techniques for treatment of select clinical conditions using the concepts and principals of the Kinesio Taping Method

Course Requirements:

In order to attend a Kinesio Taping® seminar, each attendee must meet all of the following criteria:

1. Must have completed 80 course hours of anatomy and physiology
2. Must have a working knowledge of the musculoskeletal system
3. Must be able to do assessments by evaluating and/or diagnosing injuries and conditions
4. Must have achieved or is a student in their junior or senior year (transcripts must be provided)

working towards one or more of the following credentials:

ARNP, ATC, CAT(C), CCSP, CDP, CHT, CLT, CMBT, CMT, CNMT, COMT, COTA, COTA/L, CPO, CPT, CPTA, CRN, CST, CT, DC, DO, DOM, DPT, Lac, LAT, LLCC, LMBT, LMP, LMT, LOT, LOTA, LPT, LPTA, MD, MDT, MLD, MOT, MOTR/L, MPT, MT, MTC, NCMT, NCTMB, NDT, NMD, NMT, NP,

NRC, OCS, ODT, OMD, OPA, OT, OTA, OTC, OTR, OTR/L, PT, PT-C, PTA, PA, RMT, RN, RPT, RPTA, SLP.

Upon completion of the course, your name will be uploaded into the KTAI Database. The website will then send an email to all attendees with a link that will begin 60 days trial access to the website. Once you create an account and log in, you should be able to access your certificate of course completion.

*** For New York State CEUs: The SMILE Center is recognized as an approved provider of PT and PTA continuing education by the NY State Education Department Board of Physical Therapy.**

*** Course meets NYC DOH requirements for Early Childhood Training.**

COURSE SCHEDULE

REGISTRATION BEGINS AT 7:30 AM on BOTH DAYS.

KT 1: SEPTEMBER 23rd 2017

KT 2: SEPTEMBER 24th 2017

8:00 AM	Introduction to Kinesio Taping Concepts, Theory and History Quality of Kinesio Tape, physiological effects, skin, and fascia	8:00 AM	Review and Questions
10:00 AM	KT muscle function, lymphatic, joint function	8:15 AM	Basic Concepts of Corrective Technique, tension guidelines and precaution
10:45 AM	<i>Break</i>	9:00 AM	Mechanical Correction: I, Y Technique
11:00 AM	Prep, precaution, intro to KT Assessment Basic concept	10:00 AM	<i>Break</i>
12:00 PM	<i>Lunch</i>	10:15 AM	Fascia Correction Space Correction
1:00 PM	Cervical Taping, Trunk Taping Quadriceps	12:00 PM	<i>Lunch</i>
3:00 PM	<i>Break</i>	1:00 PM	Continued Space Correction
3:15 PM	Pectoralis Major, Rhomboid, Deltoid, Gluteus Medius, Gastrocnemius	2:00 PM	Ligament and tendon correction
5:00 PM	Review	3:30 PM	<i>Break</i>
5:15 PM	Questions and Answers	3:45 PM	Functional Correction Circulatory Correction
		4:00 PM	Precautions, Contraindications, and rules Wrap up/Question and Answer session

Audrey Yasukawa, MOT, OTR/L, CKTI is currently Chief of Occupational Therapy at LaRabida Children's Hospital in Chicago. She has a Master's of Occupational Therapy from Western Michigan University and a Bachelor of Science degree in Special Education from Northern Illinois University. She previously served as a clinical resource to staff throughout the system of care at the Rehabilitation Institute of Chicago and worked in the pediatric program. She is pediatric and adult NDT trained, has over 30 years experience with upper extremity casting and has taught pediatric and adult taping and casting courses nationally. She is a certified Kinesio Taping Instructor. In addition to numerous workshops and lectures given internationally and throughout the United States, Audrey has authored many publications, including "Kinesio® Taping in Pediatrics, Fundamentals and Whole Body Taping", "Casting Protocols for the Upper and Lower Extremities", "Casting to Improve Upper Extremity Function", and "Upper Extremity Casting: Adjunct Treatment for the Child with Cerebral Palsy".

Patricia Martin, PT, CKTI, is currently Therapy Services Director at The Cleveland Clinic Children's Hospital for Rehabilitation. She previously worked at Metro Health Medical Center treating adult and pediatric patients with a variety of diagnoses. These include TBI, SCI, CVA, and orthopedic issues. Trish also worked in the school system for ten years. She has taught courses on lower extremity biomechanics, splinting and casting. She is pediatric NDT trained. Trish has over 34 years of experience as a physical therapist and has taught pediatric and adult Kinesio Taping® courses both nationally and internationally.

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REGISTRATION FORM: Kinesio Taping®: KT1 & KT2, Sep 23-24, 2017

**** please print ****

Name: _____ **Credentials:** _____ **Facility:** _____

Billing Address: _____ **City:** _____ **State:** _____ **Zip Code** _____

Daytime Phone: _____ **Email address:** _____

Registration Fee: KT1 & K2: \$600

AMOUNT ENCLOSED OR TO BE CHARGED: \$ _____

PLEASE CHARGE MY CARD: Visa MasterCard **CARD#:** _____

Exp. Date: ____/____/____ **V-code:** _____ (3-digit # on signature strip)

SIGNATURE: _____

****** Check payment, please make payable to The SMILE Center ******

Mail/Fax completed registration form and check/billing to:

The SMILE Center

171 Madison Avenue, 5th Floor, NY, NY 10016

Fax: 212-400-0384 or 718-599-3690

The SMILE Center is conveniently located at 171 Madison Ave, 5th Floor, corner of 33rd Street in Manhattan.

Subway: B, D, F, N, Q, R, V, W trains to 34th St or 6 train to 33th St

For info please contact: Gaby or Taina, email: info@smileny.org or 212-400-0383

Cancellations must be in writing and received by The SMILE Center two weeks prior to course; refund will not be granted after that date. Refund will be issued after course date (minus \$75 processing fee). You may transfer full registration to another SMILE Center course if you notify us two weeks in advance of workshop you are cancelling. The SMILE Center reserves the right to cancel any course with due cause and refund in full. Participants purchasing non-refundable airfare tickets are encouraged to inquire as to course availability before final purchase. Registrant bears sole responsibility for transportation to course. Weather or transportation difficulties are not the responsibility of The SMILE Center, and failure of a chosen means of transportation is not grounds for registration fee refund when course is held.

Please visit us at www.smilenewyork.org