

Day One

8:00	8:30	Introduction
8:30	9:30	History of Kinesiology Taping
		<ul style="list-style-type: none"> • Theory of Kinesiology taping • Benefits if Kinesiology taping • Contraindications • Athletic Tape • Other Tape • Supplies
9:30	10:30	Athletic Foot and Ankle
		<ul style="list-style-type: none"> • General Ankle • Open Basket Weave • Closed Basket Weave • Modified Lo-Dye • Medial Longitudinal Arch Taping • Toe • Great Toe • Bunion
10:30	10:45	Break
10:45	12:00	Foot and Ankle (Lab)
12:00	1:00	Lunch (On your own)
1:00	1:45	Kinesiology Tape for the Foot and Ankle
		<ul style="list-style-type: none"> • Toe • Bunion • Heel Pain • Ankle Instability • Medial Tibial Stress • Achilles Tendon
1:45	3:00	Foot and Ankle (Lab)
3:00	3:15	Break
3:15	3:45	Athletic Knee and Hip (Lecture/Demo)
		<ul style="list-style-type: none"> • Patella Femoral Pain Syndrome • MCL Strain • Knee Stabilization • Hyperextension
3:45	4:15	Kinesiology Tape Knee and Hip (Lecture/Demo)
		<ul style="list-style-type: none"> • Patella Tendon • Patella Femoral Pain Syndrome • ITB Syndrome • Quadricep Strain • Hamstring Strain • Hip Flexor
4:15	5:45	Knee and Hip Lab
5:45	6:00	Review and Closing Comments

Day Two

8:00	8:30	Review and Questions
8:30	9:00	Athletic Hand, Wrist, and Elbow (Lecture/Demo)
		<ul style="list-style-type: none"> • Fingers • Thumb • Wrist • Elbow
9:00	9:30	Kinesiology Tape Hand, Wrist, and Elbow (Lecture/Demo)
		<ul style="list-style-type: none"> • Fingers • Thumb • Wrist • Tennis Elbow • Golfer's Elbow
9:30	10:30	Hand Wrist and Elbow Lab
10:30	10:45	Break
10:45	12:00	Neck and Shoulder (Lecture/Demo)
		<ul style="list-style-type: none"> • AC Joint • General Shoulder • Rotator Cuff Techniques • Scapular Instability • Neck Pain
12:00	1:00	Lunch (On your own)
1:00	2:00	Neck and Shoulder Lab
2:00	3:00	Core and Posture (Lecture/Demo)
		<ul style="list-style-type: none"> • SI Joint • Lumbar Region • Thoracic Region • Ribs • Abdominals
3:00	3:45	Core and Posture (Lab)
3:45	4:15	Review and Final Questions



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Orthopedic and Sport Taping

Maximizing Functional Outcomes



Presented by
Keith Christianssen, PT, ATC, MTC

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This course is 15.5 contact hours/1.55 ceu's
This course is 19.0 contact hours/1.9 ceu's for therapists licensed in
Illinois, New York, or the District of Columbia

About The Educator

Keith Christianssen, PT, MTC, AT attended San Diego State University, where he majored in Athletic Training and earned an Athletic Training Certification. Keith went on to obtain his degree in Physical Therapy from Northwestern Medical School in Chicago, and a Certification in Manual Therapy from the University of St. Augustine in Florida. He is also a certified coach through USA Track & Field, is level II tactical certified in TRX training, and is working on a tactical strength and conditioning certification. For the past 20 years, Keith has taught nationally and internationally on the topics of joint mobilization, athletic training skills, biomechanics of the lower extremity, running, and orthotics fabrication.

Keith has written articles for several magazines, been a contributing author for a physical therapy text book, and currently writes a fitness article for a several publications. He is also a consulting with a medical device and development company, and with the leading rehabilitation taping company. Keith's clinical experience includes being an athletic trainer for two colleges, the assistant athletic trainer for an IHL hockey club, the head athletic trainer for an RHI hockey club, and has worked closely with athletic trainers from the NFL, MLB, MISL and NHL teams to maximize the players' rehabilitation. **Keith has treated amateur athletes of all ages and professional athletes from most sports to include ballet, golf, and America's Cup sailing. Keith has also joined the sports medicine pool for the United States Olympic Committee, and has helped train some of our countries finest athletes at the Olympic Training Center in Colorado Springs, Colorado.**

Keith's patients range from a 2 year old with a club foot to and 89 year old gentleman who wants to continue walking around the block with his dog. Keith is also currently working with several Ironman finisher, ultra-marathoners, marathoners, and triathletes to help them run as fast and efficiently as possible.

Why You Should Attend This Course

Are you looking for rehabilitation techniques that will immediately influence your patient population and expand your community influence among local sports teams? Would you like to learn new ways to facilitate the rehabilitation process as well as prevent further injury? Would you like to know how to further improve your client's mobility, stability, controlled mobility, and skill? Taping techniques are an extremely valuable resource tool for accomplishing these goals, both in the clinic and on the sporting field, virtually all musculoskeletal problems will likely benefit from these techniques.

This two-day intermediate level course will cover over 50 taping techniques that are used both in sports and rehabilitation settings. Through a combination of evidence based lecture and practical sessions, participants will gain an understanding of the history, theory, principles, goals, function, methods, and benefits of taping. In addition, participants will have the opportunity to learn multiple techniques which will aid in injury prevention, minimizing further injury, facilitating the healing process, and facilitating proprioception. Different types of tape and their function will be discussed as well as how the taping techniques address specific musculoskeletal problems. The techniques are broken down into the following regions: foot, ankle, knee, fingers, wrist, elbow, shoulder, and spine. Covering these regions you have taping techniques which provide stability at one joint in order to maximize the mobility of another joint techniques which can help reduce pain and increase movement, support injured muscles, facilitate weak muscles, and increase blood flow -- and techniques which help restrict range of motion, control motion, limit sheering forces, and stabilize the joints as they heal. Contraindications for taping exist as well and those will also be discussed.

Specifically in this course you will learn common athletic tape techniques for injury prevention and rehabilitation, Kinesiology taping for upper and lower extremities, and core; and basic lymphatic drainage techniques for improved circulation. For application purposes, there will be a review of clinical decision making which will help the participant incorporate what's learned into the clinical setting as well as onto the sports field.

Course Objectives

Upon completion of this course, participants will be able to:

- Discuss the foundational concepts and techniques of athletic and kinesiology taping.
- Explain the key elements and purpose of taping and bracing.
- Describe the biomechanical thought process for each taping technique.
- Describe the physiologic effects of kinesiology taping.
- Describe the biomechanical reasoning to determine the most appropriate taping technique.
- Perform appropriate taping techniques for different phases of rehab to include injury prevention, injury recovery, and rehabilitation.
- Design a program to improve functional outcomes utilizing appropriate taping techniques at the appropriate phase of rehabilitation.
- Perform basic proficiency in over 50 athletic and Kinesiology taping techniques for the foot, ankle, knee, shoulder, elbow, wrist and hand.

Register early seating is limited for each location.

17 tape

Registration Form

Orthopedic and Sports Taping



Send tuition to: North American Seminars®
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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.

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