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2010

# SEMINAR ATTENDING GUIDE

THE ONLY ASSOCIATION PROVIDING KINESIO TAPING CERTIFICATION

[WWW.PROGRESS.COM.SG/KINESIO](http://WWW.PROGRESS.COM.SG/KINESIO)



Welcome to the KTA Seminar Attending Guide on attending an approved Kinesio Taping Seminar!  
This guide will walk you through the steps needed to host a KTA approved course. Use this guide as your reference to navigate yourself through this process.

## **KINESIO® TAPING ASSOCIATION IS THE ONLY...**

### **...ASSOCIATION THAT CAN ISSUE CKTP ACCREDITATION.**

Join the Kinesio® Family by becoming a Certified Kinesio® Taping Practitioner(CKTP ). Our CKTPs are respected throughout the therapeutic and athletic communities for their knowledge and expertise.

### **...ASSOCIATION, TECHNIQUE , SEMINARS AND PRODUCT KNOWN FOR 36 YEARS.**

Kinesio® has led the way for well over a quarter-century. We are not only the most well-known elastic taping company in the industry, but also the most trusted!

### **... ASSOCIATION THAT ORIGINATED AND CONTINUES TO DEVELOP THE KINESIO TAPING METHOD.**

Kinesio® is the worldwide leader and originator of the elastic, therapeutic taping market. Trust no substitutes!

### **...ASSOCIATION THAT OFFERS STATE OF THE ART DATABASE AND REFERENCE SYSTEM.**

Through interactive video, instructional, and forum platforms, our database system allows our trained seminar attendees to further their knowledge and foundational techniques.

### **...ASSOCIATION THAT OFFERS FULL COLOR STEP BY STEP MANUALS.**

Guided by Dr. Kenzo Kase, the KTA Education Committee, and thousands of Certified Kinesio® Taping Practitioners and Instructors, our manuals have been developed to provide up to date instruction on the most demanded technique in the world.

Since our groundbreaking exposure at the 2008 Summer Games, interest in and excitement for our products and services has been growing at a meteoric pace. Now is the perfect time to attend or host one of our approved KT courses!



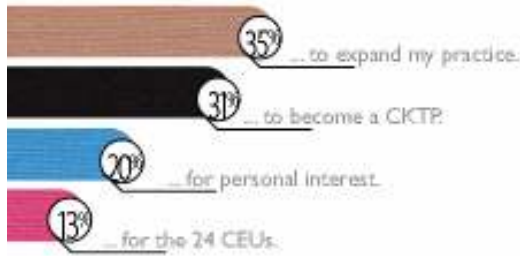
**THE KINESIO TAPING ASSOCIATION AND ITS APPROVED PROVIDERS IS THE ONLY CHOICE FOR YOUR ELASTIC TAPING NEEDS AND SEMINARS!**



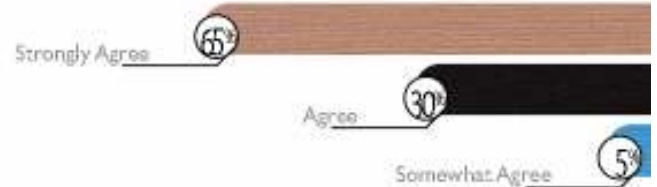
Caring for you since 1968

# KTA ATTENDEE COURSE SURVEY

## I TOOK THE KTA'S CERTIFICATION COURSE...



## THE COURSE MET MY EXPECTATIONS...



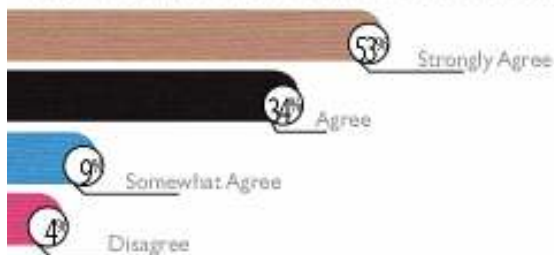
## INSTRUCTOR EFFECTIVENESS RELAYING FUNDAMENTAL CONCEPTS OF KT...



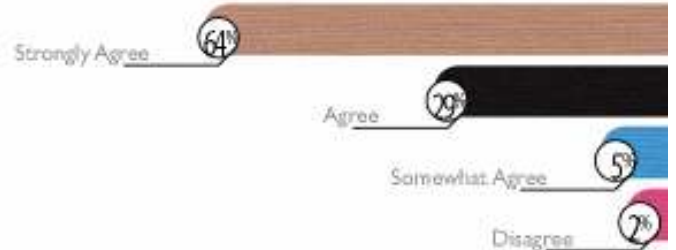
## INSTRUCTORS KNOWLEDGE OF THE KT METHOD...



## EFFECTIVENESS OF THE WORKBOOKS...



## EFFECTIVENESS OF THE DATABASE...



## WHY TAKE AN APPROVED KTA SEMINAR

With the ever growing number of taping seminars being held around the globe, you may be wondering why taking an approved Kinesio® Taping seminar is so important to you.



Dr. Kenzo Kase, FOUNDER

### INSTRUCTION

- ...you will receive the most up-to-date, state-of-the-art instruction
- ...you will learn from our highly qualified, certified instructors, trained extensively providing you the most complete “tool kit” available for your future success
- ...you will receive assurance knowing that you learned from the best

### CURRICULUM

- ...you receive a curriculum endorsed by Dr. Kenzo Kase, founder of the Kinesio® Taping Method
- ...you receive a standardized curriculum set by KTA and its Education Committee, ensuring that you get the most out of your learning experience
- ...you master a program of study of the fundamental information and advanced concepts
- ...you obtain a standardized number of contact hours with an instructor, which ensures you get the most educational value for your dollars

### ACCREDITATION

- ...you will be prepared to pass the required test and earn the title of Certified Kinesio® Taping Practitioner
- ...you receive the only opportunity to obtain accreditation through

our association when our technique and standard protocols are recognized by the National Commission of Certifying Agencies

### MATERIALS

- ...you are ensured the most complete and comprehensive materials offered in the market today
- ...you are provided with two (2) full-color Kinesio® Taping Seminar Manuals. These manuals are designed to give you an overall understanding of the necessary application foundation
- ...you qualify for one-year’s access to our state-of-the-art reference database
- ...you obtain one year’s subscription to our Advance Healing Magazine
- ...you utilize Kinesio® Tex tape, the only tape that matters



## **KTA APPROVED SEMINARS**

### **KT1 - FUNDAMENTAL CONCEPTS**

**(TO BE TAKEN IN CONJUNCTION WITH KTA APPROVED KT2 COURSE)**

- 8 hour course
- Designed to introduce practitioners to the KT Method
- Covers the five(5) major physiological effects - skin, circulatory/lymphatic, fascia, muscle and joint
- Features lab sessions to practice KT applications
- Upon completion of this course attendees will know how to use the KT Method to relax overuse syndrome, muscles and decrease pain and swelling

### **KT2 - ADVANCED CONCEPTS AND CORRECTIVE TECHNIQUES**

**(ATTENDEES MUST COMPLETE KTA APPROVED KT1 COURSE BEFORE TAKING KT2)**

- 8 hour course
- Builds on material learned in KT1
- Covers the six(6) corrective techniques - mechanical, functional, space, fascia, ligament/tendon and lymphatic
- Features lab sessions to practice KT applications
- Completion will allow attendees to apply the KT Method to orthopedic and neurological conditions

### **KT3 - KINESIO® TAPING CERTIFICATION COURSE**

**(ATTENDEES MUST COMPLETE KTA APPROVED KT1 AND 2 COURSES BEFORE TAKING KT3)**

- Minimum 8 hour course – 16 hour course
- Combines KT1 and KT2 coursework
- Features lab sessions to practice KT applications
- Covers some of the more advanced techniques of the KT Method
- Can be tailored to specific conditions, professions or applications by each instructor
- Upon completion, attendees will be eligible to take the CKTP exam



## KTA STANDARD COURSE AGENDA

In order to fully prepare you for our highly sought after CKTP recognition and necessary examination, the following are required. This program was founded and designed by Dr. Kenzo Kase and further developed by practitioners just like you.

### **KINESIO® TAPING AGENDA**

#### **Day 1 Fundamental Kinesio Taping**

8:30 AM	Registration
<b>9:00</b>	<b>Instructor Introduction and Bio</b>
9:10-10:00	Intro to Kinesio Taping History, Concepts and Theory: Physiology & Pathology, Tape Qualities, Intro to the 5 Major Physiological Effects (Skin, Circulatory, Fascia, Muscle and Joint), Basic Application Concepts (Finger Demo and Sacrospinalis)
<b>10:00</b>	<b>Break</b>
10:15-11:30	Joint Function, Biotensegrity, Application Basics, Prep, Precautions, Intro to KT Assessments, Q&A
<b>11:30</b>	<b>Lunch</b>
12:30-3:00 PM	KT Assessments & Labs (Cervical Paraspinalis, Scalenes Anterior, Quad Femoris, Pectoralis Major, Rhomboid, and Gluteus Medius)
<b>3:00</b>	<b>Break</b>
3:15-4:55	KT Assessment & Labs (Gastocnemius and Soleus, Deltoid, Wrist Extensors, and Extensor Policis Longus)
<b>5:00-5:40</b>	<b>Assessment Q&amp;A, KT1 Review and Q&amp;A, Conclusion</b>

#### **Day 2 Advanced Kinesio Taping**

9:00-10:05 AM	Overnight Responses, Trouble Shooting, Basic Concepts of Corrective Techniques, Tension, Mechanical Correction, (Patellar Tracking, Shoulder Instability)
<b>10:05</b>	<b>Break</b>
10:20-11:30	Fascia Correction (Lateral Epicondylitis, ITB )
<b>11:30</b>	<b>Lunch</b>
12:30-3:10 PM	Space Tendon and Ligament Correction (Elbow, Lumbar, Carpal Tunnel, Achilles Tendon, Knee)
<b>3:10</b>	<b>Break</b>
3:25-5:20	Tendon Correction (Plantar Fasciitis Lab), Functional Correction (Ankle and Wrist), Circulatory/Lymph Correction (Edema of Calf and Foot ), Intro to Scar Management
<b>5:20-5:40</b>	<b>Assessment Q&amp;A, Glossary Review, Application Request, Conclusion</b>

#### **Day 3 Specific Kinesio Taping (CKTP Certification Course)**

9:00-10:20 AM	Success Stories, Q&A, Assessments, KT1 & KT2 Review, Clinical Concepts and Attendees Assessments (Shoulder Impingement, Whiplash/Cervical Pain, Chondromalacia Patella)
<b>10:20</b>	<b>Break</b>
10:35-12:15 PM	Advanced Concepts, Manual Fascia Glide, Basket Weave Technique, Intro to Scar Taping, Directional Pull and Pitting Scars Application
<b>12:15</b>	<b>Lunch</b>
1:15-5:30	As per CKTI



## KTA COURSE INFORMATION

Basic course information that anyone attending an approved KTA seminar should know.

For more specific information regarding instructors, location and date, [click here](#).

### WHO SHOULD ATTEND?

PT 's, OT 's, ATC 's, DC 's, LAC 's, MT 's, PTA 's, OTA 's and other licensed medical practitioners.

KT1 and KT2 – intended for people at least familiar with anatomy.

KT3 and beyond - intended for licensed healthcare practitioners **ONLY**.

### COURSE OBJECTIVES

Upon completion of this course, including the lecture, demonstration and lab the participants will be able to...

- ...explain and apply the concepts of the Kinesio® Taping Method
- ...describe the unique qualities of the Kinesio® Tex tape
- ...understand the principles of the Kinesio® Taping applications
- ...utilize and demonstrate application skills in guided laboratory sessions
- ...describe the various cutting techniques and their clinical applications
- ...apply a time-efficient method to decrease muscle spasm, pain and swelling
- ...apply various taping techniques for treatment of the spine and upper/lower extremity dysfunction



### CONTINUING EDUCATION UNITS (USA registered Medical Practitioners Only)

Kinesio® Taping Association will apply for up to 24 hours of continuing education credits to...

- ...state Physical Therapy Association(s)
- ...AOTA (provider # 4489)
- ...Board of Certification, Inc. BOC (provider # P2293)
- ...NCBTMB (provider # 450030-06)

### CANCELLATIONS AND REFUNDS

Registration fees, less 20% & SGD60.00 if payment received by TT, will be refunded if written cancellation is received 30 days prior to the seminar. **No refunds will be given after that date.** Kinesio® Taping Association reserves the right to cancel at any time with full refund. However we will not be responsible for hotel, airline or relevant 3<sup>rd</sup> party charges. Please find a replacement for courses paid as missed courses will not be refunded nor replaced in anyway.

### ENROLMENT

Courses fill quickly. Early registration is highly encouraged.

**PLEASE BRING YOUR OWN SCISSORS AND WEAR APPROPRIATE ATTIRE FOR TAPING (TANK TOP AND SHORTS, BRING A TOWEL IF NECESSARY).**



Caring for you since 1968