



Kinesiology Therapeutic Taping Techniques for the Whole Body

Have you wanted to learn the techniques to enhance patient care progress?

Learn the theory and rationale behind kinesiology therapeutic taping.

Practice manual handling skills and see how soft elastic tapes differ in use and technique from more rigid tapes such as Leukotape and traditional athletic tape.

In the course, you will learn the taping techniques to:

- Promote edema reduction (effective for post-operative swelling and lymphoedema)
- Enhance muscle balance between agonists and antagonists for improved therapeutic exercises and decreasing synergy patterns in a pediatric and neurological conditions, and
- Decrease the pain associated with ligament sprains and strains while they heal.



Course Dates:

January 23-24, 2016

April 9-10, 2016

February 27-28, 2016

May 21-22, 2016

March 12-13, 2016

September 17-18, 2016

Course Description:

This seminar will present an overview of taping techniques utilizing soft elastic tapes (such as Kinesiology Therapeutic Tape, SpiderTech tape, and Kinesio-Tex tape) along with the rationale for its use and how it differs from more traditional rigid taping techniques. Techniques effective in treating orthopaedic and neurological conditions will be demonstrated and practiced in a lab setting.

Therapeutic taping techniques involve taping muscles in order to enhance function and recovery; taping to augment the lymphatic system and decrease edema, and augment ligaments for improved proprioception. The tape may be worn for several days and allow the individual to receive therapeutic benefits 24/7 between applications or therapy visits. Kinesiology taping is not only beneficial during therapy and physical activity but may also be utilized in conjunction with other modalities such as cryotherapy, hydrotherapy, and electrical stimulation.

Course Objectives:

- Understand how soft elastic tapes differ from the traditional rigid tapes such as athletic tape and Leukotape.
- Learn the qualities of soft elastic tape that make it unique.
- Review physiology as it related to the use of kinesiology taping treatments as a modality for therapeutic intervention.
- In a lab setting, practice application techniques for swelling and pain relief for both upper and lower extremity conditions.
- In a lab setting, practice application techniques on muscles of the upper and lower extremity to enhance function and improve biomechanics.
- In a lab setting, practice application techniques for ligament strains and sprains.
- In the intermediate course, continue to practice application techniques for swelling, muscle and ligament injuries.
- Discuss modification of the basic handling skills and the rationale.
- Practice taping applications that are diagnosis specific in order to enhance performance and function.

Who Should Attend?

This class is geared toward Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Certified Occupational Therapy Assistants, Certified Athletic Trainers, and Chiropractors.

Tape is a modality commonly utilized in the clinic for treatment. Assistants regularly perform modalities determined appropriate by the physical therapist and part of the patient care. Less than 50% of the course content deals with evaluation; therefore, this course is open for registration to physical therapist assistants. There may be certain activities taught by law that cannot be performed by the physical therapy assistant. .

Registration:

Basic (Level I) and Intermediate (Level II) courses are offered for \$400 (both courses)
Advanced (Level III) course is \$250 / person.

*** These courses build upon one another.

- Level 1 is a requirement for Level 2.
- Completion of both Level 1 and Level 2 are a requirement for Level 3.

Arrangements can be made for Group Discounts, Private Contracts or interest as participating as a Host Site. Contact Wendy directly to discuss and arrange.

Private Contracts – perfect for a larger private practice group or hospital that wants their entire staff to be trained in the techniques for a flat fee. For Private Contracts - Wendy will travel to your facility and can arrange the course dates to meet your individual needs.

Class Size: Classes are limited to 12 participant maximum in order to maintain the high quality of instruction within a laboratory setting.

Continued Education Credits:

The Illinois Chapter Continuing Education Committee has approved this course according to the Criteria for Approval of Continuing Education offerings established by the Illinois Physical Therapy Association.

Instructor:

Wendy S. Burke PT, DPT, MS, OCS, CCRC returns to Illinois after serving as faculty and assistant professor for 16 years at the University of Southern California in Los Angeles, California. Dr. Burke has been teaching courses utilizing these types of tape and techniques as an adjunct to patient care for over 16 years. She has lectured and taught in multiple settings on both a national and international level.

Wendy S. Burke, PT, DPT, MS, OCS, CCRC received her physical therapy degree from University of Wisconsin-Madison in 1984, and Advanced Masters Degree in 2000 from University of Southern California (USC). She graduated in 2004 with her Advanced Post-professional Doctorate from the Department of Biokinesiology and Physical Therapy at USC with her research on shoulder dysfunction. She became Board Certified in Orthopaedics from the APTA in 1993 and recertified in 2003 and 2013.

Clinical Fellowships: In addition, to the year-long Orthopaedic Fellowship Residency Program at Kaiser Permanente-Los Angeles (1993), Wendy completed several other year-long manual therapy programs, including fellowships with: Joe Godges (1992); a Maitland-based fellowship program with Dennis Dempsey and Wayne Diamond (1993); a year-long fellowship program in Arthritis presented by Rancho Los Amigos (1986); and the PNF Program at Kaiser Permanente-Vallejo (1991). Dr. Burke has assisted Richard Jackson with seminars on the pelvic girdle, lower kinetic chain biomechanics and its relationship to gait, as well as back evaluation for over a decade. In addition, has been guest lecturer at University of Southern California (other departments), Loma Linda University, University of Kentucky, and the Professional Baseball Trainers Association.

Dr. Burke was the project manager of clinical research in the department of Orthopaedic Surgery for the past 6 years, and was clinical supervisor for the Outpatient Rehabilitation at USC University Hospital for 10 years prior to that post. Dr. Burke continues to teach and manage international clinical research projects, while still utilizing her skills as a mentor in clinical outpatient settings.

Wendy is a Member of the APTA and American Society of Shoulder and Elbow Therapists

REGISTRATION

KINESIOLOGY THERAPEUTIC TAPING TECHNIQUES

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All Classes Held at:

CGH Medical Center

Outpatient Physical Therapy

1809 E Locust St.

Sterling, IL 61081

contact: Wendy (213) 999-4848

_____ Private contract date preferred (minimum of 4 people)
(Course instruction can be at your site if desired)

Name: _____

_____ PT _____ PTA _____ OT _____ OTA _____ Other _____

Name as you would like to appear on the Certificate: (please print clearly)

Address:

Phone Number : _____

Email: _____

Fee: \$400 for two day class (unless discounted for group rate pre-arranged) No Credit Cards

Check made out to: Wendy Burke PT,DPT, OCS

3806 E 17th Street, Sterling, IL

(213) 999-4848 wendyburke01@gmail.com

Please wear appropriate clothing for lab (shorts / sweats, tank top, bathing suit) to be able to tape the thigh, shoulder, scapula, knees, and ankles.

Bring a pair of scissors for cutting the tape.

Lunch is on your own.

Wendy Burke PT,DPT,MS, OCS 3806 E. 17th Street, Sterling, IL cell: 213-999-4848

Contact: Wendy S. Burke PT, DPT,MS, OCS, CCRC at wendyburke01@gmail.com