

Kinesio Taping Conference Objectives:

Participants will:

Review and discuss normal and pathological developmental biomechanics in the pediatric population.

Review the impact of muscle imbalances on alignment, function and energy expenditure.

Review the basic and advanced concepts of the Kinesio Taping Method.

Review epidermis, dermis, and fascial anatomy as it is related to Kinesio Taping.

Develop proficient knowledge of basic Kinesio Taping principles, properties, and techniques.

Discuss and learn problem-solving strategies for treatment utilizing Kinesio Taping as an adjunct to treatment in the pediatric population..

Identify the impact of muscle imbalances and biomechanical alignment on posture and function.

Describe and demonstrate cutting at least 4 different Kinesio Taping application tape shapes: I Strip, Y Strip, Web Cut, and X Cut.

List the best uses for the Kinesio Taping® Method for the pediatric population.

Identify the impact of muscle imbalances and biomechanical alignment on posture and function.

Demonstrate a method of safely removing elastic therapeutic tape from skin and explain options for taping application duration in the pediatric population.

Demonstrate the proper application of two Kinesio Taping techniques for the trunk, upper extremity and lower extremity for the pediatric population.

Describe the difference between an underactive and overactive muscle correction application.

Identify appropriate tension range for each technique and explain reason for specific tension.

Be able to apply the Kinesio Medical Taping method to a variety of muscular, orthopedic and neurological conditions seen in the pediatric population.