



Kinesiology Taping Certification

Treatment Solutions for Common Musculoskeletal Dysfunction

Presented by Myra M. Meekins, PT, DPT, OCS, FAAOMPT

Key Course Highlights

- Reduce pain, prevent injury, increase recovery time, and correct postural or gait abnormalities
- Hands-on labs for taping the spine, shoulder, elbow, wrist, hand, hip, knee, and ankle
- Combine kinesiology taping in conjunction with other treatments strategies to achieve immediate functional results
- Best practices for taping tension, application and treatment plan based on your patient assessment
- Quickly integrate taping protocols into practice for various conditions and patient populations

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers

Course Description

Kinesiology taping is a safe, effective and powerful clinical tool that can be used in the management of musculoskeletal dysfunction, and has proven beneficial to a wide variety of patients across multiple settings and levels of healing. Increased range of motion and muscle performance, and decreased pain, swelling and joint dysfunction are just a few of the outcomes that can be achieved through the use of this treatment modality. When properly integrated with other therapeutic interventions, kinesiology taping provides clinicians with tools for improving patient function and outcomes, with results frequently seen within the first treatment session.

This one day, lab-intensive workshop will review the evidence for kinesiology taping and teach clinicians how to utilize various taping techniques for the healthy, acute, sub-acute and chronic health population. Participants will apply knowledge of relevant region-specific anatomy and biomechanics to learn taping techniques for spine, shoulder, elbow, wrist, hip, knee, foot and ankle. Workshop sessions are hands-on and interactive to ensure successful comprehension and retention of techniques that can be used immediately upon return to practice. Documentation and billing will also be covered.

About Your Instructor

Myra M. Meekins, PT, DPT, OCS, FAAOMPT, is a licensed physical therapist with over 20 years of clinical experience across inpatient and outpatient treatment settings. Dr. Meekins is board certified as a clinical specialist in orthopaedic physical therapy and has completed a movement science fellowship at Washington University and an orthopaedic manual therapy fellowship at the Manual Therapy Institute.

Dr. Meekins believes in application of evidence-based practice while integrating diagnostic classification and manual therapy in the management of musculoskeletal conditions. Her current research endeavors include movement impairment analysis, the integration of evidence-based practice in clinical decision making, and the improvement of critical thinking in physical therapy students and clinicians.

Disclosures:

FINANCIAL: Myra Meekins is compensated by Summit as an instructor.

NONFINANCIAL: Myra Meekins has no non-financial relationships to disclose.

Learning Objectives

1. Discuss the therapeutic benefits and limitations of kinesiology taping.
2. Identify the indications, precautions, and contraindications of kinesiology taping.
3. Utilize clinical reasoning skills to determine the most appropriate taping techniques.
4. Demonstrate kinesiology taping techniques for the most common impairments of the spine and upper and lower extremities.
5. Participate in hands-on labs using the most effective treatment techniques.
6. Support treatment approaches with accurate documentation.

Course Outline

I. Kinesiology Taping Principles

- History and purpose of taping
- Types of tape
- Evidence regarding the use of taping and different types of tape
- Application
- Taping indications, precaution, and contraindications

II. Cervical Taping Techniques

- Cervical pain
- Cervicogenic headaches
- Postural syndromes

III. Shoulder Taping Techniques

- Rotator cuff injury
- Shoulder impingement
- Shoulder instability
- Hands-on lab

IV. Elbow, Wrist, and Finger Taping Techniques

- Epicondylitis
- Thumb tendynovitis
- Carpal tunnel syndrome
- Finger sprain
- Hands-on lab

V. Lumbosacral Taping Techniques

- Low back pain
- SI pain

VI. Hip Taping Techniques

- ITB syndrome
- Gluteus facilitation
- Hands-on lab

VII. Knee Taping Techniques

- General knee pain
- Patellofemoral syndrome
- Patella tendonitis

VIII. Ankle and Foot Taping Techniques

- Shin splints
- Plantar fasciitis
- Abnormal pronation
- Ankle sprains

Continuing Education Credits

Accreditation varies by state and profession. Please visit www.summit-education.com for state and profession-specific accreditation information.

Physical Therapists - Summit holds providerships with and submits applications to various state physical therapy boards and associations. You should expect for CE credit to be available for this course in the state where the course is held. For additional nearby states, or specific accreditation information, please visit www.summit-education.com.



Occupational Therapists - Summit Professional Education is an AOTA Approved Provider of continuing education - provider #5873. This course is offered for 0.6 AOTA CEUs (6.0 contact hours). This course contains content classified under Occupational Therapy Process and Professional Issues. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Athletic Trainers - Summit Professional Education (BOC AP# P3785) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 6 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

These events contain intermediate level content.

SATISFACTORY COMPLETION

Participants must register, pay tuition fee, sign in with a mobile device via scanning electronic QR code at workshop location, attend the entire workshop, complete an electronic evaluation, as well as any other required state-specific supplements (if applicable) and sign out with a mobile device via scanning electronic QR code in order to receive a certificate of completion. Participants not fulfilling these requirements will not receive a certificate. Failure to sign in or out and complete a course evaluation will result in forfeiture of credit for the entire workshop. No exceptions will be made. Partial credit is not available.

COURSE MANUAL & RESOURCES

A course manual and any additional resources will be available for download in your Summit account five (5) days prior to your course date.

SCOPE OF PRACTICE

Workshop content is not intended for use by participants outside of the regulatory scope of practice of their license(s). You are responsible for knowing what lies within and without your professional scope of practice.

Have continuing education credit questions? Please email our CE Department at customerservice@summit-education.com for the latest approval status.