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Kinesiology Taping (Basic)

A two-day course

COURSE DESCRIPTION

This course covers the principal application and effects of kinesiology taping, the basic application techniques and their uses. The first half of Day 1 is reserved for the theory topics, details for which are listed below. Following which the rest of the course comprises hands-on sessions involving practice of basic techniques & their applications for various joints. The course emphasis is mainly on the principles so as to enable each participant to tackle any situation. We do not provide specific treatment options in our course material since any problem can have more than one solution and hence we want to equip the participant with the ability to decide the best treatment option for the patient.

E.g. two patients could have tennis elbow or subacromial impingement but their presentations might be different, thereby warranting different treatment approaches.

OBJECTIVES

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

1. Demonstrate an understanding of the principles and effects of kinesiology tape.
2. Develop skills in the handling of tape and application of basic techniques.
3. Perform basic tests to decide which application is most suitable.
4. Assess the patient using reasoning skills and provide the most suitable treatment, for optimum relief, ease of symptoms and improvement in performance.

COURSE PROGRAM

DAY ONE	DAY TWO
<p>Theory</p> <ul style="list-style-type: none"> - History - Properties - Handling of Tape - Basic Techniques - Effects - Indications <p>Practical Application</p> <ul style="list-style-type: none"> - Basic techniques – Muscle, Ligament, Fascia, Lymphatic - Lumbar Spine, Abdominal & Sacro-iliac joints - Cervical spine 	<p>Practical Application (Continued)</p> <p>Revision of Day 1</p> <ul style="list-style-type: none"> - Calf, Foot & Ankle - Knee <ul style="list-style-type: none"> ✓ Patellofemoral joints ✓ Tibio-femoral joints - Hip & Thigh <ul style="list-style-type: none"> ✓ Quadriceps ✓ Hamstrings ✓ Gluteals - Shoulder <ul style="list-style-type: none"> ✓ Gluteals ✓ Rotator Cuff ✓ AC joint ✓ Scapular - Elbow & Forearm - Case Discussion - Instructor Practical - Course Evaluation / Conclusion

PRE-READING

Biomechanics of joints, mechanics of injuries of the spine, upper limb and lower limb in various conditions

ELIGIBILITY

3rd Year Bachelor of Physiotherapy

NOTE

- It is recommended you wear comfortable and appropriate clothing for practice sessions throughout the course.
- Photography/Video recording during the course is not allowed. If this guideline is not adhered to the person may be asked to leave the premises.