

Dr. Prakkash Sharoff is the director of Physiohealth Pain Management & Performance Enhancement and the lead instructor for Physiohealth Research & Teaching Institute. He is also the official instructor for NOI India, a branch of David Butler's Neuro Orthopaedic Institute Australasia (NOI | noigroup.com).

Sports Taping

A two-day course

COURSE DESCRIPTION

This course covers the principles of application and effects of rigid and elastic tapes. This is a hands-on course involving practice of the 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 sub acromial 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 difference between and uses of rigid and elastic tape.
2. Develop skills in handling of tape and its application.
3. 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"> - Principles - Types of tapes and their uses (Rigid, Elastic, Underwrap) <p>Practical Application</p> <p>Techniques for</p> <ul style="list-style-type: none"> - Hip Correcting faulty mechanics - Knee ACL/PCL/LCL/MCL injuries - Mensical injury - Patellofemoral maltracking and fat pad syndrome - Patellar tendonitis and Osgood schlatter's disease - Ankle Ankle sprains, plantar fasciitis - Foot Correcting foot mechanics to prevent overpronation - Hallux valgus - Lx Spine Disc problems, prophylactic taping before games - Pelvis Stabilizing pelvis 	<p>Practical Application (Continued)</p> <ul style="list-style-type: none"> - Shoulder Shoulder dislocation, rotator cuff deloading, correcting shoulder mechanics, facilitation of serratus anterior, upper trapezius inhibition. - Elbow Taping to stabilize strained ligaments, tennis elbow taping (unique method devised by Jim Mack) - Wrist and Hand Buddy taping, wrist flexion/extension injuries, TFCC injuries - Thumb spica and Dequervain's tenosynovitis - Cx/Tx Spine Taping for disc problems, muscle strains and prophylactic taping before games.

PRE-READING

Biomechanics of joints and 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.