

MASTERCLASS

THE TAPING SOLUTION: SUPPORTING, ENHANCING & ACCELERATING TRAINING OUTCOMES



MOVE
WELL TO
LIVE WELL

GIVE YOURSELF
THE BEST
ADVANTAGE

MOVE
BETTER -
DO MORE

HELPING YOU
RESTORE
QUALITY OF LIFE

KINETIC
CONTROL

20 YEARS OF OPTIMISED MOVEMENT HEALTH

COURSE INTRODUCTION:

This two-day masterclass builds both clinical and performance practitioners' skillsets in contemporary techniques of taping alongside developing a strong rationale for the use of these strategies in the management of uncontrolled movement (UCM). Innovative taping strategies are delivered that assist in the management a wide range of presentations. The taping interventions covered are used in conjunction with movement retraining strategies that target UCM as identified by its site, direction and threshold of uncontrolled movement®.

COURSE OUTLINE:

These 2 days will explore the value and potential of taping to optimise the management of uncontrolled movement based on 'Site & Direction and Threshold®'. It will supply the rationale behind the application of techniques of taping for a biomechanical and/or a neurophysiological effect and identifies the differences (and therefore the advantages and disadvantages) between Rigid tape, Kinesio tape and Dynamic tape. It helps develop a reasoning framework to support clinicians' and movement practitioners' decision making of when to use Rigid tape versus Dynamic taping options.

Ultimately, the course supplies innovative taping techniques specifically matched to a classification of UCM and develops the skill of application of Rigid tape or Dynamic tape. To achieve this outcome, the course considers the value of taping to provide mechanical control of the site and direction of UCM, enhancing sensory feedback for cognitive motor control training, facilitating the efficiency of global stabiliser role synergists, inhibiting global mobiliser role synergists and helping optimise the efficiency of recruitment between stabiliser and mobiliser role synergists.



KEY FEATURES:

The course will present a variety of Rigid and Dynamic taping strategies, including:

- Providing passive, biomechanical control of provocative uncontrolled movements
- Increasing proprioceptive feedback for cognitive movement control training
- Improving sensory-motor recruitment of inefficient stabiliser role synergists
- Unloading stretch-strained synergists to decrease strain and reduce trigger point symptoms
- Positively the length-recruitment relationship of synergists possessing a stabiliser role throughout their range of motion and enhance their eccentric deceleration properties
- Assisting restore efficient recruitment of global mobiliser role synergists

LEARNING OUTCOMES:

At the end of this course the participant should be able to:

- Display the ability to apply a range of taping approaches to a high standard
- Demonstrate an understanding of the rationale for the application of differing styles of tape with respect to their influence upon aspects of biomechanics and neurophysiology
- Demonstrate an understanding of the clinical advantages and disadvantages of a range of taping interventions with respect to a clinical presentations or performance deficits
- Demonstrate an ability to utilise taping as an intervention strategy alongside the management of uncontrolled movement to meet a clinical or performance outcome

PROGRAMME:

- Examines the principles of taping techniques, including the biomechanical and neuro-sensory uses of taping
- Explores the differences between rigid tapes, dynamic tape and kinesio tapes and discusses the advantages and disadvantages of different tapes



- Identifies the goals of applying taping, including: the biomechanical control of movement for movement protection and to manage pain and issues associated to what is traditionally described as 'joint instability'; neuro sensory stimulation to manage pain and enhance proprioceptive feedback for movement protection and motor control retraining; facilitation of global stabiliser role synergist recruitment and inhibitory strategies for global mobiliser role synergists to recover recruitment efficiency altered in the presence of recurrent pain and injury
- Develops clinical/performance reasoning processes to best match taping options to the goals of management
- Practical workshops demonstrating and applying taping solutions using both rigid and dynamic taping options for a large variety of uncontrolled movements.
- Practical workshops using taping solutions to manage the site and direction of uncontrolled movements in the lumbar spine; thoracic spine (including specific rib impairments); sacro-iliac joint; hip; knee and foot; shoulder girdle; and cervical spine

This course offers all movement focused clinicians and practitioners another effective tool to fast track the path to optimal Movement Health. It provides additional skills to better manage a large range of clinical presentations of uncontrolled movement. These range from acute presentations of musculo-skeletal pain, through to recurrent pain and injury, and compromised function and performance deficiencies.

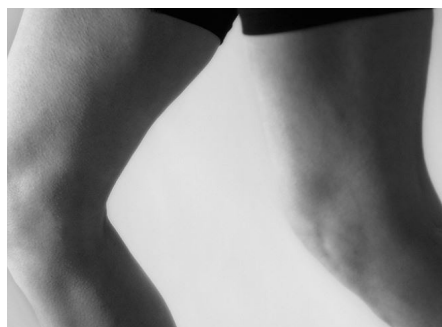
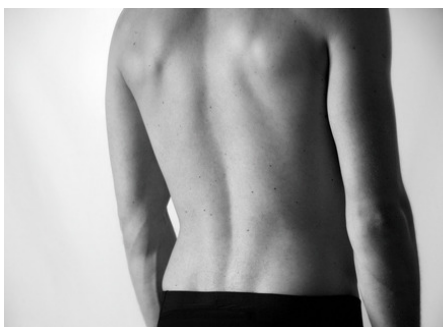
PROGRAMME:

DAY ONE:

AM:

Introduction to Movement Control & Movement Health:

- Diagnosis of Site & Direction and Threshold® of uncontrolled movement (UCM)
- Global stabiliser & mobiliser recruitment synergies
- Value of taping to accelerate movement control retraining
- Taping augmented exercise therapy
- Goals of Taping: taping for Rehab vs taping for Performance vs taping for Prevention (risk management)



Advantages and disadvantages of different tapes:

- Rigid tapes
- Dynamic tape
- Kinesio tapes

Taping principles:

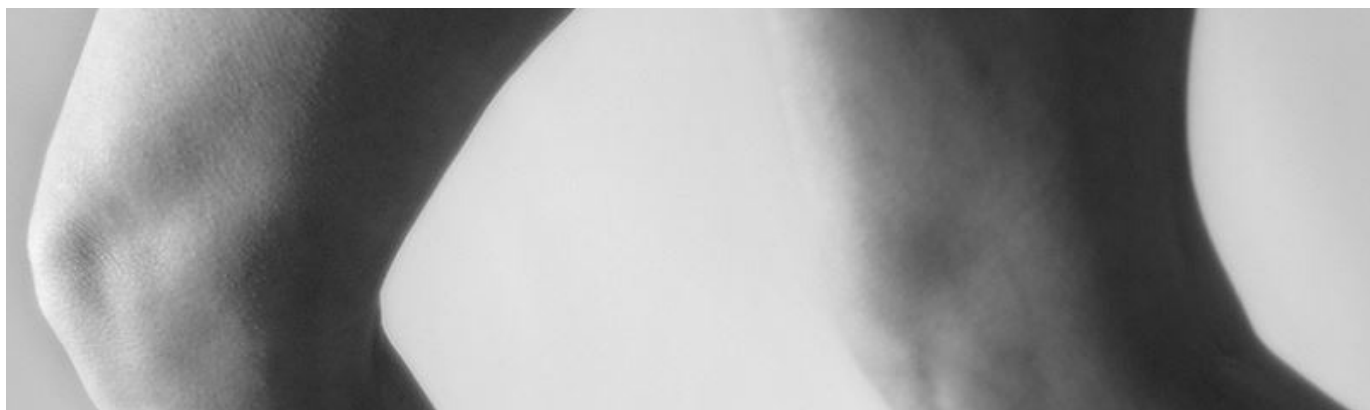
- Biomechanical taping
- Neuro-sensory taping
- Mechanisms & Influences: mechanical, recruitment physiology, pain physiology, proprioception

Taping application - the basic 'rules'**PM:****Taping for Uncontrolled Movement Workshop (practical & demonstration) using rigid & dynamic tape solutions:**

- Lumbar Uncontrolled Movements (Lumbar: flexion, extension, rotation)
- Sacro-iliac Uncontrolled Movements
- Thoracic Uncontrolled Movements (Thoracic: flexion, rotation)
- Rib Uncontrolled Movements (anterior-posterior shears & upward-downward rotations)
- Cervical Uncontrolled Movements (Low Cervical: flexion)

DAY TWO:**AM:****Taping for Uncontrolled Movement Workshop (practical & demonstration) using rigid & dynamic tape solutions:**

- Scapular Uncontrolled Movements (Scapular: downward rotation, forward tilt, + Cervical: rotation / sidebend)
- Gleno-humeral Uncontrolled Movements (G-H anterior glide, G-H rotation)
- Hip Uncontrolled Movements (Hip: flexion, medial rotation / adduction, extension)



PM:**Taping for Uncontrolled Movement Workshop (practical & demonstration) using rigid & dynamic tape solutions:**

- Knee Uncontrolled Movements (Knee: 'valgus' & ITB issues; Tibial: lateral rotation)
- Patello-femoral Uncontrolled Movements (Patellar: lateral glide / tilt, inferior glide)
- Foot Uncontrolled Movements (Foot: pronation, inversion, dorsiflexion; Hallux: valgus) - including: tendinopathy issues; ankle instabilities; plantar fascia

Taping to facilitate global stabiliser recruitment**Taping to inhibit global mobiliser overactivity****Summary**