CPTA Golden Gate District Continuing Education Committee Presents

Kinesiology Therapeutic Taping: Fundamentals & Intermediate
SPEAKER: Cindy Bailey, DPT, OCS, SCS, ATC, EMT
November 14-15, 2015
UCSF, San Francisco, CA

COURSE DESCRIPTION
This seminar will present an overview of the Kinesiology Therapeutic Taping Strategies, the rationale, compare and contrast from other tapping methods and practice application for common orthopaedic injuries and neurological conditions of all ages. Kinesiology Taping involves taping muscles in order to enhance function and recovery. With different applications Kinesiology tape can also be used for pain relief and edema control. The tape allows the individual to receive therapeutic benefits 24 hours a day, for 2 to 5 days between applications. Not only is Kinesiology Taping beneficial during physical activity, but also can be used in conjunction with modalities such as cryotherapy, hydrotherapy and electrical stimulation.

COURSE OBJECTIVES
Upon completion of this course, you will be able to:
• Understand how Kinesiology Tape differs from other types of tape
• Learn the qualities of Kinesiology Tape that make it unique
• Review physiology as it relates to Kinesiology tapping methods
• In a lab setting, learn application of Kinesiology Taping methods for swelling and pain relief
• Taping techniques for commonly affected body areas

CEUs/PARTICIPANTS
• This course will provide 1.6 CEUs (16 contact hours). Pending approval from CPTA
• This course is open to Physical Therapists and Physical Therapist Assistants. Less than 50% of the contents of this course deals with evaluation. There may be certain activities taught that by law cannot be performed by Physical Therapist Assistants. There are a limited number of spots available for PT/PTA students who have completed their Anatomy Courses. There is no student discount available for this course
• Type of instructional method: lecture/lab; student to faculty ratio = 16:1
• Registration is limited to 32 participants. Register early to guarantee a spot! This course is expected to sell out!

COURSE SCHEDULE
Day 1 Agenda-Fundamentals
8:00 Registration
8:30 Introduction of class
8:45 Introduction of Instructors
9:00 Introduction of Kinesiology tape: history, theory
9:15 Concepts of Kinesiology tape
9:30 Qualities of Kinesiology tape that make it different from others
10:00 Benefits of Kinesiology Tape
10:30 Variety of purposes & uses
10:45 BREAK
11:00 Differences between Kinesiology Tape & other kinds of tape
11:30 Introduction to taping accessories
12:00 Handling Skills Laboratory: Edema
12:45 Common Problems, also Q & A
1:00 LUNCH (On Your Own)
2:00 Deltoitd
2:20 Scapula- Lower Trap
2:40 Quadriceps Tech 1 (Y) or 2 “I” strips (vastus intermedius)
3:00 Quadriceps Tech 2 & 3 (rectus femoris)
3:20 Adductors / Pes (gracillis, Sartorius)
3:40 Tensor Fascia Latae/ITB
4:00 BREAK
4:15 Lumbar spine – technique 1, sacro- spinalis, quadrates lumborum, iliocostalis
4:35 Lumbar spine – technique 2 – disc
4:55 Anterior Tibialis, Ext. Dig. Longus, Posterior Tibialis
5:15 Research
5:35-6:00 Q & A
5:45 Summary / Conclusions

Day 2 Agenda-Intermediate
8:00 Registration
8:30 Welcome Q & A
8:45 Review with demo & practice
9:00 Deloading Uni-directional
9:15 Deloading Fascial oscillation
9:30 Deloading Multi-directional (creates space under tape)
10:00 Deloading Soft tissue: ligs, tendon
10:30 Functional Patterning techniques
10:45 BREAK
11:00 Lymph Drainage techniques
11:30 Lymph technique: Lab practice
12:00 Biceps Brachii
12:45 Triceps Brachii
1:00 LUNCH (On your own)
2:00 Deloading Fascial oscillation
2:20 Extensor Carpi Radialis longus, ECRB, supinator, Extensor Digitorum, Deloading Fascial oscillation
2:40 Flexor Carpi Radialis, Flexor Carpi Ulnaris, Flexor Digitorum Superficialis
3:00 Abd Poll Longus, Ext. Poll Brevis
3:10 Wrist limitation
3:20 BREAK
3:35 Biceps Femoris, Quadriceps Femoris
3:55 Knee Ligaments, Med. & Lat, Knee soft tissue & Fascial Deloading
4:15 Peroneus Brevis & Longus, Lymph Technique
4:35 Soleus, Plantaris, Gastrocnemius, Achilles Tendon Deloading
4:55 Flexor Hall Longus
5:15 Research
5:35 Q & A
5:45-6:00 Summary / Conclusions
THE FACULTY

Cindy Bailey, DPT, OCS, SCS, ATC, EMT, is a past Assistant Professor of Clinical Practice in the Dept. of Biokinesiology and Physical Therapy at the University of Southern California and is currently Clinical Faculty at Mt. St. Mary’s Physical Therapy Doctorate program. She is the Director of Physical and Occupational Therapy at Los Angeles Orthopaedic Hospital (LAOH) and the Administrator of the LAOH Sports Care Outreach and Education program.

Dr. Bailey continues in her private practice serving many care facilities across Los Angeles and consults outside the region. Cindy’s post graduate work has included an Advanced Residency at Kaiser West Los Angeles (KWLA) in Manual Orthopaedic Physical Therapy and a Fellowship at the Keck School of Medicine of USC in Medical Education Teaching and Learning. Her work at Orthopaedic Hospital has also taken her into the area of specialty care for patients with Hemophilia. Since 1997 Cindy has worked and traveled with the USC Ice Hockey team as their Certified Athletic Trainer and EMT.

Dr. Bailey is a sought after speaker and educator including opportunities with Orthopaedic care of the Hemophilic patient on a regional and world conference level, “Introduction to Sports Injury and Certified Athletic Training” at Pepperdine University and Santa Monica College, “Orthopaedic Manual Therapy Residencies” at Kaiser West Los Angeles and USC Physical Therapy School, Keck School of Medicine “How to Conduct a Musculoskeletal Evaluation”, and “Doc on the Field” as well as community classes for high school and Little League coaches. With her Certified Athletic Training and Sports Specialty backgrounds she has been an invited practitioner to assist with the Pan Am Games and several U.S. Olympic Teams. She has also acted as a consultant to the Chinese Government for facility and health care needs during the 2008 Beijing Olympic Games. Recently she has been invited Medical Staff for the 2009 World Figure Skating Championships as well as the 2009 Macabbi Games held in Israel. Dr. Bailey has collaborated to author several chapters and articles on “Uses of Tape as a Medical Modality.” Dr. Bailey is a past instructor with the Kinesiotex Taping Method and certified as a CKTPI twice. She has been teaching instructing clinicians in the use and strategies of Kinesiology Therapeutic Taping for 18 years. Due to her vast experience, she is considered one of the world’s leading instructors in Kinesiology, Leuko and Sports Taping techniques.

REGISTRATION ($425 APTA MEMBERS/$680 NON-MEMBERS)

Register online at www.goldengate-cpta.org
Questions can be directed to Kay Takahashi: kaori.kitano@gmail.com / 510-508-7670
If you prefer to register by mail, please use the following registration form and contact Kay Takahashi for details.

Name: ______________________________________________________________
Address: ____________________________________________________________
Email: _________________________  Phone: ______________________________
PT/PTA License#: ________________ APTA member#:__________________
Please Check: Physical Therapist: _____ Physical Therapy Assistant: _____
Physical Therapist/Physical Therapist Assistant Student: _____ PT/PTA Program/School: ____
Confirmation by email OK?  YES / NO

Please make checks payable to “Golden Gate District/CPTA”
APTA member $425
Non-member $680

CANCELLATION POLICY: Substitutions may be made at any time. Cancellations must be received in writing at least 30 days prior to the course date to receive a refund less $50 penalty per cancelled attendee. If the cancellation is made less than thirty days, refunds will not be granted for any reason. The Continuing Education Committee reserves the right to cancel any of its courses if the minimum number of participants is not met. A full refund will be made in these instances.