

**Early Bird \$499** (if register 4 weeks in advance)  
**Regular rate \$549**

#### REGISTRATION FORM

Last Name \_\_\_\_\_  
First Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Postal Code \_\_\_\_\_  
Telephone ( ) \_\_\_\_\_  
Email \_\_\_\_\_  
Professional Designation \_\_\_\_\_  
Facility Name \_\_\_\_\_

#### PAYMENT

Cheque enclosed  
 Visa/Mastercard  
Name \_\_\_\_\_  
Number \_\_\_\_\_  
Expiry Date \_\_\_\_\_

\*Please make cheque payable to:  
**Vivian Dim**  
**Occupational Therapy Professional Corporation**

Mailing Address  
**4413 Ontario St., Suite 202**  
**Beamsville, ON**  
**LOR 1B3**

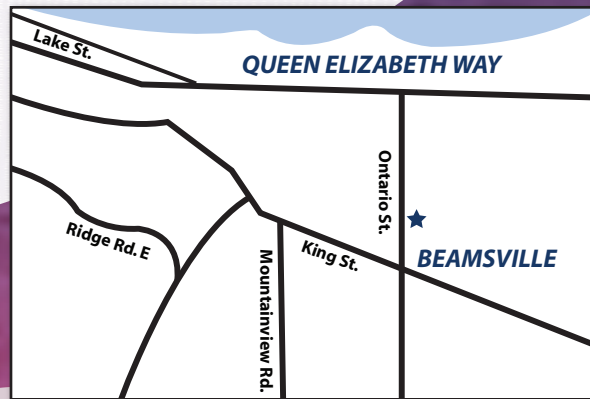
Fax Registration  
**905-563-6731**

Course hosted by



**Arm More Therapy**

Vivian Dim Occupational Therapy Professional Corporation



#### **Beamsville Physiotherapy**

4413 Ontario St., Suite 202  
Beamsville, ON

#### CONTACT

**Vivian Dim - OT**  
**Arm More Therapy**  
p. (289)897-8707  
[vivian@armmoretherapy.com](mailto:vivian@armmoretherapy.com)

**Dan McQueen - PT**  
**Beamsville Physiotherapy**  
p. (905) 563-6730  
[mcqueenphysio@hotmail.com](mailto:mcqueenphysio@hotmail.com)

# Kinesio Taping

**Oct. 19-20, 2013**

- *KT1- Fundamental Kinesio Taping*
- *KT2- Advanced Kinesio Taping*

**Early Bird Registration**  
**\$499.00**

#### INSTRUCTOR

Kim Rock Stockheimer  
- MS, OTR/L, CKTP/I, CLT

#### LOCATION

Beamsville Physiotherapy  
Beamsville, ON

\*Course intended for Healthcare Practitioners: PT, OT, AT, DC, LAC, RMT, PTA, OTA

## INSTRUCTOR

**Kim Rock Stockheimer, MS, OTR/L, CKTP/I, CLT**  
Kim is a 1984 graduate of the University of Kansas Occupational Therapy Program. She received her Masters of Science degree in Exercise Physiology 2002 at the University of Wisconsin - LaCrosse. She has had opportunities to work in a variety of settings including hospital acute care, rehabilitation, long-term care, burn unit, outpatient hand therapy, private practice, and lymphedema clinic. She has taught in Occupational Therapy Assistant programs at Austin Minnesota and at Anoka Minnesota. She has taught at the Occupational Therapy Department at the University of Wisconsin - LaCrosse. She has published articles and research in the Occupational Therapy Forum, American Journal of Occupational Therapy, Journal of Hand Therapy, and British Lymphology Book of Abstracts. Kim co-authored the book, Kinesio Taping for Lymphoedema and Chronic Swelling. Kim is currently working on her second book for KTA. Kim is certified in Manual Lymphatic Treatment by the Lymphedema Services of Cedar Haven Rehabilitation Agency. She is also certified as a Kinesio® Taping Practitioner and Instructor by the Kinesio® Taping Association. Kim has lectured internationally in England, Wales, Scotland, Ireland, Spain, Italy, Germany, Mexico, Argentina, Japan, Korea, Israel, Canada, Russia and United States of America.

KTA hosts seminars in facilities that are ADA accessible. Please let KTA know if you need any special accommodation.

## Continuing Education Units

You can submit 24 hours continuing education credits to MN Physical Therapy Association. The Kinesio Taping Association is an approved provider for AOTA (Provider # 4489). The assignment of AOTA CEU's does not imply endorsement of specific course content, products, or clinical procedures by AOTA. The Kinesio Taping Association is recognized by the Board of Certification, Inc. (BOC) to offer continuing education for certified athletic trainers (provider # P2293). Kinesio Taping Association is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider (Provider #450030-06).

**Please bring your own scissors and wear proper attire for taping (tank top and shorts)**

## KINESIO TAPING AGENDA

### Day 1 - Fundamental Kinesio Taping

8:30	Sign in
9:00	Instructor Introduction and Bio
9:10-11:00	Intro Kinesio Taping Concepts, Theory, History; Tape Qualities. Finger Demo: Intro five major Physiological Effects; Skin, Circulatory & Fascia Function; Sacrospinalis; Muscle Function; Application Concepts
11:00	Break
11:15-12:30	Joint Function; Biotensegrity; Application Basics, Prep, Precautions; Into to KT Assess. Tests; Q&A
12:30	Lunch
1:00-3:30	KT Assessments & Labs: Cervical Paraspinals; Scalenes Anterior; Latissimus Dorsai; Pec Major, Rhomboid; Gluteus Medius
3:30	Break
3:45-5:00	Assessments/Labs Cont.: Quad Femoris; Ext. Digitorum; Hamstrings; Ext. Policis Longus
5:00-6:00	Assessment Q&A; KT1 Review & Q&A, Application Requests; Conclusion

### Day 2- Advanced Kinesio Taping

8:00-10:05	Overnight Responses, Trouble Shooting: Basic Concepts of Corrective Techniques, Tension; Mechanical Corrective Techniques, Tension; Mechanical Correction: Patellar Tracking, Shoulder Instability
10:05	Break
10:20	Fascia Correction: Lateral Epicondylitis, ITB
11:30	Lunch
12:00-3:40	Space, Tendon & Ligament Correction: Elbow, Lumbar, Carpal Tunnel, Achilles, Knee, MCL
3:40	Break
4:05-4:40	Plantar Fasciitis; Function Correction: Ankle and Wrist; Circulatory/Lymphatic Correction: Edema of Calf &/or Foot, Finger Sprain
4:40-5:00	Review, Requests, Q&A; Conclusion

## COURSE OBJECTIVES

Upon completion of this course, the participant will be able to:

- Describe the concepts of Kinesio Taping.
- Review muscular anatomy as it is related to Kinesio Taping.
- Explain and apply the concepts of the Kinesio Taping Method.
- Describe the unique qualities of the Kinesio Tex Tape.
- Recognize the principles of Kinesio Tex Tape application.
- Utilize and demonstrate application skills in guided laboratory sessions.
- Demonstrate application skills during lab sessions.
- Practice the various cutting techniques and their clinical application.
- Apply Kinesio Taping method to relax and stimulate muscles.
- Apply Kinesio Taping methods for pain, swelling, joint mobility and stability.
- Apply various taping techniques for treatment of the spine, and upper/ lower extremity dysfunction
- Apply various taping techniques for treatment of unique conditions using the concepts and principals of the Kinesio Taping Method.

### Who Should Attend?

PTs, OTs, ATs, DCs, LACs, MTs, PTAs, OTAs and other medical practitioners. THIS COURSE IS INTENDED FOR LICENSED HEALTH CARE PRACTITIONERS ONLY

### Seminar Fee:

- Early Bird: \$499 for two days, \$549 regular. Early Bird applies if you register 4 weeks in advance
- Price includes full-color reference workbooks, Limited KTA Membership with access to reference database, Kinesio Tex Tape to use during lab sessions, and refreshments.

### Cancellation & Refunds:

Registration fee, less \$50, will be refunded if written cancellation is received 30 days prior to the seminar. No refunds will be given after that date

### Enrollment:

Early registration is highly encouraged.

**Continental Breakfast as well as Lunch provided for both course days**

\*Please inform us if you have any food sensitivities