

Strapit Level One: Comprehensive Taping Technique Essentials

Course Description

Strapit/Gripit Essentials Taping Level 1 is an 8 hour course covering the basic skills necessary to carry out suitable taping for both injury prevention and injury management.

In a lab based format the participants will undergo a hand-on instruction about the use of the 3 key taping modalities – athletic taping, kinesiology taping and activetaping methods. All specific to targeting pathologies.

The participants will rationalize appropriate taping selection to address various injuries or potential injuries and understand the contra-indications to taping. At the end of the course, attendees will take a 30 minute examination for a certification in level I: Essentials in taping.

Included with the course: samples of all tapes utilized in course, clinical-grade scissors, and a course manual with all pertinent information regarding the course (to include the PowerPoint and all research/references)

We ask that all participants attending the course wear suitable clothing and access to all major body regions/ skin access to enhance the learning process

Learning Objectives

Following completion of our level 1 course the participants will be able to achieve the following:

- State at least one contraindication for each type of tape: kinesiology, athletic, and active
- Demonstrate a combined taping approach, using athletic and kinesiology tape, to include in the treatment program of a clinically indicated talocrural/subtalar pathology
- List three different types of tape used for therapeutic intervention. I.e:
 - Athletic taping
 - Kinesiology Taping
 - Active Taping
- List 1 precaution for each type of the following tapes: kinesiology, athletic, active
- Correctly demonstrate the application of kinesiology tape AND active tape as a combined therapeutic intervention to a clinically indicated lordotic postural deviation.
- Demonstrate one appropriate kinesiology taping approach to a clinically indicated edematous distal lower extremity, specifically a high ankle sprain, with the goal of decreasing edema to the affected area

Course Outline

1. Introduction

- Introduction to taping and the various taping options available
- Understanding the properties of tape
- Introduction to the concepts of when and why to tape
- Assessing the contraindications to taping
- Practicing the application principles of the various taping categories
- Reviewing the literature around taping

2. Hands on training, tape handling and application

- Region taping with the 3 tape categories (athletic, kinesiology, activetape) covering major regional anatomy
 - Ankle/Foot
 - Knee
 - Lumbar Spine
 - Shoulder
 - Wrist/Thumb

- Cervical Spine
- Elbow

3. Examination

Course Schedule

- 0.0 - Registration
- 0.5 Introduction of Speaker, Agenda, How Taping Relates to Practice
- 1.25 Intro to taping concepts and the 3 taping categories
- 0.5 Handling / feel / use of the tapes and self application
- 0.25 **break**
- 1.5 Application to Ankle/Lower Leg – regional taping 3 methods
- 0.5 meal break
- 1.0 Application to Knee – regional taping 3 methods
- 0.75 Applications to Lumbar Spine / Cervical Spine – regional – 2 methods
- 0.25 **break**
- 1.0 Application to Shoulder and Shoulder Girdle – 2 methods
- 0.5 Application to Forearm/Wrist/Thumb – 1 method
- 0.5 Application to Elbow
- 0.5 Group Discussion (Q/A) on EBP, Case Studies, Education Review of the Course
- 0.5 Home Online exam for certification

TOTAL: 9.5 hrs (with breaks and exam)

8 hrs (without breaks and exam) = 8 CEUs in total

INSTRUCTORS

Paul Haas, PT

Paul graduated in 2000 with a Bachelor of Physiotherapy from the University of Queensland. This followed on from a Bachelor Honors Degree in NeuroSciences from Monash University in Melbourne Australia. Paul has worked as a leading Sports Physiotherapist for 19 years working with elite teams and also as a lecturer both in Australia and overseas. He was a pioneer in the development of rehabilitation protocols for the management of patients post hip arthroscopy when this was a novel technique in hip management. Paul is the leader in development and execution of courses around the world while ensuring an evidence base and clinical relevance seen in the delivery of the Strapit/Gripit courses.

Kate Miller, PTA, BSPTA, PCES, CFT

Kate Miller received her Associate of Science degree in human biology and physical therapist assistant studies, summa cum laude, from Mesa College. She then earned her Bachelor of Science degree in physical therapist assistant studies, summa cum laude, from Pima Medical Institute. Currently residing in Temecula, California she currently works in multiple environments including acute inpatient care and outpatient orthopedic rehabilitation. Her experience ranges from women's health, pediatric, geriatric, and special patient populations. Kate has given multiple public lectures at schools, district meetings, and CPTA Student Conclave. She has composed publications for the CPTA as well as health-related blogs. Kate Miller is the education coordinator for Fabrication Enterprises and the direct liaison for Strapit education in the United States.

Chris Capilli, PT, DPT, MS, FAAOMPT, CFCE

Dr. Capilli is a skilled PT who specializes in spine rehabilitation and practices exclusively in outpatient orthopedic settings. Originally from Syracuse, NY, Dr. Capilli received his undergraduate degree in Sports Medicine from Canisius College followed by his Master's degree in Physical Therapy from D'Youville College. He began working for Guthrie Medical Group in Sayre, PA working in an outpatient orthopedic setting. He returned to D'Youville College finishing his Doctorate degree (DPT) while completing his Fellowship training in manual therapy (FAAOMPT) from Daemen

College where he was mentored under Dr. Ron Schenck and Dr. Erson Religioso. He currently practices as a senior therapist at Arnot Medical Group in Upstate New York where he also is a clinical instructor for both DPT and Fellowship students.

Michael Tabo, PT, DPT

Dr. Tabo started his professional career as an engineer with a Material Science Engineering degree from the University of Illinois Urbana-Champaign. He practiced in that field for approximately 3 years working for an aluminum manufacturing company in Evansville, IN. Mike decided to switch to the physical therapy profession and received his DPT from the University of Miami – Coral Gables. After 3.5 years in federal practice as a section chief, and experience running a civilian clinic, Dr. Tabo decided to move his family to central FL to start a new chapter in his career, concentrating on higher education for physical therapist assistants. Dr. Tabo has given multiple lectures at schools and meetings.

Jamie Bovay, PT, DPT,

Jamie received his Bachelor of Science degree in chemistry from Missouri State University in Springfield, MO. After starting PT school, he graduated with his doctorate in physical therapy from Rockhurst University in Kansas City, MO. While working in and managing outpatient orthopedic clinics he started taking multiple continuing education classes and along the way received his manual therapy certification from University of St. Augustine. While transitioning to his own clinic worked in skilled nursing units, inpatient rehab units, and a variety of other settings. Jamie currently owns and runs his clinic in Denver, CO and sees a wide variety of patients including outpatient, sports, geriatrics, pediatrics, and neurology. He presents around Denver on a variety of health and movement-based topics as well as teaches for SmartTools and Medical Minds in Motion.

StrapIt Level Two: Advanced Comprehensive Taping Techniques

Course Description

StrapIt Essentials Taping Level 2 is an 8 hour (total to include exam) course, expanding on level 1 essentials, to provide more in depth knowledge of taping interventions and to learn applications for more targeted and complex injuries/pathologies.

In a lab-based format, the participants will undergo a hands-on instruction on the use of 3 key taping modalities – athletic taping, kinesiology taping and active taping methods. Level 2 promotes advanced technical use of taping interventions and the ability assess correct taping strategies for various pathological/injury profiles: eg: DeQuervain's, scapular dyskinesis, abnormal knee hyperextension.

The participants will be required to assess various pathology profiles and demonstrate a high level of skill in application of taping for these injuries. At the end of the course, attendees will take a 30-minute examination for a certification in level 2: Advanced Comprehensive Taping Techniques.

We ask that all participants attending the course wear suitable clothing and access to all major body regions/ skin access to enhance the learning process

Learning Objectives

Following completion of our level 2 course the participants will be able to achieve the following:

- Demonstrate a combination taping approach utilizing kinesiology tape, athletic, and active tape to the plantar fascia
- Demonstrate one clinical taping intervention for a patient with clinically indicated rearfoot valgus during an example treatment session
- Demonstrate an athletic tape technique for abnormal hyperextension of the knee
- Demonstrate one advanced kinesiology taping technique that successfully activates the anterior chain of the knee
- Describe one approach each of layer taping, utilizing active tape, for an unstable GH joint and AC subluxation
- Demonstrate one kinesiology taping technique to a clinically indicated scapular dyskinesis, with the goal of cuing corrective movement patterns during therapeutic exercise
- Demonstrate an active taping method appropriate for therapeutic treatment of DeQuervain's

Course Outline

1. Introduction

- Revisit the properties of the 3 taping categories: Kinesiology, Active, Athletic
- Advance the knowledge of the physical properties of the various tape categories
- Review contraindications and precautions for taping
- Practicing the above application principles with: Kinesiology, Active, Athletic
- Reviewing the literature and EBP around taping interventions

2. Hands on training, tape handling and application

- Complex and advanced assessment and clinical reasoning using kinesiology, active, athletic taping methods for the following:
 - Plantar Fascia injury
 - Ankle – advanced/complex pathology
 - Correction/treatment of Shin Splints/MTSS
 - Knee Joint Hyperextension
 - Knee Joint ACL
 - Box taping/diamond taping for unloading soft tissue
 - Neurological Shoulder

- Scapulae: correction of movement patterns
- DeQuervains
- Carpal Tunnel

3. Examination

Course Schedule

0.0	- Registration
0.5	Lecture: revisit principles and advanced concepts: kinesiology tape, active tape, dynamic tape
1.0	Lecture: technical data and advanced strategy review on kinesiology tape, active tape, dynamic tape
.75	Lab: Group application and practice for extended anchors of active tape.
0.25	break
1.0	Lab: Application to plantar fascia – athletic and active tape
.75	Lab: Advanced ankle techniques: inclusions of mid and hind foot
0.5	Lunch break
0.75	Lab: Shin Splints
0.5	Lab: Knee hyperextension / PCL & ACL rotational control
0.5	Lab: Knee advanced kinesiology and combination taping
0.5	break
1.0	Lab: Scapula - postural and scapular dyskinesis with active tape and kinesiology tape
0.75	Lab: DeQuervains
0.5	Group Discussion (Q/A) on EBP/Case Studies, Education and Techniques, Review of the Course
0.5	Home online examination for certification

TOTAL: 9.5 hrs (with breaks)

8.5 hrs (without breaks)

Expected Proficiency to Receive Certification and CEUs

Must attend course from start to finish; missing more than 15 minutes total may forfeit your ability to earn certification and CEUs.

75% or higher on post-course examination

Refund policy

Attendee must cancel within 48 hours of the course to receive a full refund. Cancellations made within 48 hours of the course will be address individually with StrapIt (ie medical emergencies, sickness) and upon approval will receive full refund.

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