

## Kinesio® Taping Level 1 and 2 Course

This 2-day course is offered by Department of Rehabilitation Sciences (RS) of the Faculty of Health and Social Sciences (FHSS) through the School of Professional Education and Executive Development (SPEED) of The Hong Kong Polytechnic University. This Kinesio® Taping Level 1 and 2 course will be offered 4 times from October to December in 2011.

**Kinesio® Taping (KT)**, developed by Dr. Kenzo Kase, is a taping method that facilitates the body's healing process to allow support and stability to muscles and joints. It has been used extensively in the field of rehabilitation worldwide including Korea, Australia, and countries in Europe and America.

This course is approved by the Kinesio® Taping Association (KTA). To become a Certified Kinesio® Taping Practitioner (CKTP), applicants need to attend and complete a KTA-approved KT1, KT2 and KT3 level courses and sit for examination. Attendees must complete KT1 and 2 course prior to attending KT3 course. Applications for KT3 course will be announced later.

### KT1- Fundamental Concepts

(To be taken in conjunction with KTA approved KT2 course)

- 8-hour course
- designed to introduce practitioners to the KT Method
- covers the four major physiological effects - skin, muscle, circulatory/lymphatic and joint
- features lab sessions to practice KT applications
- completion of this course will allow attendees to relax overuse syndrome, stimulate weak muscles and reduce pain and swelling

### KT2- Advanced Concepts and Corrective Techniques

(Attendees must complete KTA approved KT1 course before taking KT2)

- 8-hour course
- builds on knowledge learned in KT1
- covers the six corrective techniques - mechanical, functional, space, fascia, ligament/tendon and lymphatic
- features lab sessions to practice KT applications
- completion of this course will allow attendees to apply the KT Method to orthopedic and neurological conditions



<b>Date (Course code):</b>	<ul style="list-style-type: none"> <li>• 15-16 October 2011 (NZ65)</li> <li>• 29-30 October 2011 (NZ66)</li> </ul>	<ul style="list-style-type: none"> <li>• 26-27 November 2011 (NZ67)</li> <li>• 3-4 December 2011 (NZ68)</li> </ul>
<b>Time:</b>	9.00 a.m. – 6.00 p.m.	
<b>Venue:</b>	The Hong Kong Polytechnic University, Hung Hom, Kowloon	
<b>Instructors:</b>	Dr. Ella Yeung, Dr. Simon Yeung, Mr. Ben Kong (Certified KT Instructors)	
<b>Medium of instruction:</b>	English	
<b>Entry requirements:</b>	A professional diploma/Bachelor's degree in physiotherapy from PolyU or a recognised institution or equivalent.	
<b>Selection of candidates:</b>	Preference will be given to M.Sc. Sports Physiotherapy graduates, and those who work day-to-day in relation to patient care and also have interest in musculoskeletal/sports rehabilitation.	
<b>Course fees:</b>	HK\$4,000 (inclusive of KT manuals, taping materials, 60-day KTA database membership)	
<b>Closing date of application:</b>	24 September 2011	
<b>Enquiries:</b>	<u>For administration matters</u> Ms Candy Chan Assistant Programme Officer, SPEED Tel: 3746 0037 Email: spcandy@speed-polyu.edu.hk	<u>For academic matters</u> Ms Canus Tse Clerk, RS Tel: 3400 3956 Email: rskine@inet.polyu.edu.hk
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