

## Outline

### FUNCTIONAL MOVEMENT TECHNIQUES:

#### TAPING REDEFINED

- Evolution of kinesiology taping
- Directional→ movement focused
- Comparing kinesiology tapes: stretch, adherence, longevity

#### TAPE MOVEMENTS, NOT MUSCLES

- Neurosensory - skin to brain connection
- Peripheral nerves
- Tactile acuity - sensory system/receptors

#### HANDS-ON LABS

#### TECHNIQUES AND TREATMENT STRATEGIES

- Hands on with the tape!
- Where to cut? Tips for turning corners
- Does direction matter? How many pieces?
- Stretch, stabilize, decompress
- Indications/contraindications

### COMBINE TAPING WITH MOVEMENT: REAL WORLD SOLUTIONS FOR THE WHOLE BODY

#### HANDS-ON LABS

#### PAIN IS A REQUEST FOR CHANGE

- Methods and application for treating pain
- Upper extremity
  - Shoulder
  - Lateral/medial elbow
  - Wrist
  - AC joint
- Trunk/Lower extremity
  - Knee pain
  - Shin splints
  - Calf and achilles
  - SI joint
  - Plantar fasciitis

## Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Massage Therapists
- Personal Trainers

## What to Wear

- Please wear comfortable and loose clothing for labs. Shorts are recommended.

## What to Bring

Yoga mat or massage table (if applicable)

**Questions?** Call customer service at  
800-844-8260

HANDS-ON LABS	FLUID DYNAMICS – LIFTING EFFECTS OF TAPE
<ul style="list-style-type: none"><li>• Decompression strategy vs. compression strategy</li><li>• Promote lymph movement with jellyfish taping technique</li><li>• Methods and application<ul style="list-style-type: none"><li>Acute swelling from trauma</li><li>Chronic edema conditions</li><li>Lymphedema</li></ul></li></ul>	

HANDS-ON LABS	MANAGING MUSCULOSKELETAL CONDITIONS
<ul style="list-style-type: none"><li>• Varying approaches for acute vs chronic conditions<ul style="list-style-type: none"><li>Low back pain- is it acute or chronic?</li><li>Shoulder strains- pain or proprioceptive improvement?</li><li>Ankle sprains- edema or pain management?</li><li>Post-operative conditions- avoid incisions while improving outcomes</li></ul></li></ul>	

HANDS-ON LABS	POSTURAL CORRECTIONS
<ul style="list-style-type: none"><li>• Kinesthetic guidance = behavior modification</li><li>• Posture evaluation from head to toe<ul style="list-style-type: none"><li>Upper and lower cross syndrome</li><li>Hyperkyphosis</li><li>Forward head posture</li></ul></li></ul>	

### KNOWLEDGE INTO ACTION - CASE STUDIES AND PROBLEM SOLVING

This program is a member of RockTape's Functional Movement Techniques (FMT) Certification Series. No previous FMT coursework is required to attend.



## Live Seminar & Webcast Schedule

(Times listed in Eastern)

**7:30:** Registration/Morning Coffee & Tea

**8:00:** Program begins

**Lunch:** 1 hour (on your own)

**3:30:** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Don't Miss!

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MONDAY  
January 13, 2019

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# Kinesiology Taping Practitioner Certification

## Combining Taping & Movement to Improve Functional Outcomes

Prolong longevity of your manual therapy with proven techniques that get results fast.



I work with a lot of stroke patients and older patients with pain, and I can see this being very beneficial to treatment.  
— PT



Awesome class! I really learned a lot about taping techniques I can use in my daily practice for pediatric, athletic, and geriatric populations. Instructor is very knowledgeable and entertaining.  
— PT



I already have so many patients running through my head that I can use this information with!  
— OT

### Columbus, OH

Monday, January 13, 2020

### Live Video Webcast

Monday, January 13, 2020

### Cincinnati, OH

Tuesday, January 14, 2020

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Become a Certified Kinesiology Taping Practitioner in this hands-on seminar, powered by RockTape

Kinesiology Taping Practitioner Certification

Combining Taping & Movement to Improve Functional Outcomes

Learn powerful taping techniques during this hands on seminar to:

- Correct postural imbalances
- Prevent injury
- Address pain and nerve entrapments
- Improve movement and motor control
- Enhance coordination and proprioception
- Manage edema/swelling/bruising
- Reduce scarring and improve scar mobility

Columbus, OH  
Monday, January 13, 2020

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Kinesiology Taping, Redefined

From sports medicine to stroke rehab, kinesiology tape has rapidly gained popularity in rehabilitation due to its unique ability to improve movement and function. One of the most versatile treatment tools in rehab, taping has been shown to improve outcomes with a vast variety of therapies, including functional movement therapies, manual therapy, splinting, Neuro-Developmental Treatment (NDT), Hippo- and Aquatic therapies, and more.

This hands-on certification seminar will equip you with all the skills you’ll need to begin taping patients across the continuum of care. Explore the fundamentals of modern taping techniques, discover advanced interventions that integrate the latest neuroscience research, and learn how to combine taping with functional movement to produce the kinds of active treatments that are revolutionizing rehab. Numerous case studies will be presented that demonstrate how taping can help deliver superior rehab outcomes, and hands-on labs throughout the program will show you how to get impressive results with your patients.

Speaker



ABBY PERONE, DC, CES, FMT, CF-L1, is a practitioner who focuses on movement-based soft-tissue injuries, ranging from sports injuries to chronic pain. Since earning her Doctorate in chiropractic from Parker University, Dr. Perone has been a member of a rapidly-growing provider group, Airrosti Rehab Centers, LLC, where she has served as Airrosti’s Director of Active Care Development and subsequently as Director of Training & Clinical Projects. While serving in these roles, Dr. Perone had the opportunity to onboard and clinically teach over 250 clinical treatment team members. She also travels across the US as an instructor for RockTape and PESI, teaching anatomy, biomechanics, movement-based pathologies, corrective strategies, and injury prevention.

Additionally, Dr. Perone has an extensive background working with CrossFit™ athletes and CrossFit injuries, having served on the CrossFit Regionals and CrossFit Games Athlete Services Medical Teams for the past four years. Outside of the clinic, Dr. Perone is an avid CrossFitter and runner, and she serves as an in-house director of Movement Quality and developing partner of Love Movement.

Speaker Disclosure: Financial: Dr. Abby Perone is the co-owner of CrossFit Love and Love Health. She receives a speaking honorarium from PESI, Inc. Non-financial: Dr. Abby Perone has no relevant non-financial relationships to disclose.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on January 13, 2020, for this live, interactive webcast! Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesirehab.com/webcast/75368

Objectives

- 1. Explain the physiological effects of kinesiology taping.
- 2. Assess functional taping techniques as they apply to pain, edema management, neurologic conditions, scar and posture improvement.
- 3. Analyze the concepts of longitudinal fascial chain kinesiology taping.
- 4. Demonstrate fluid dynamics taping applications for acute edema and chronic fluid dysfunction conditions using the jellyfish taping method.
- 5. Demonstrate varied tape application techniques for common musculo-skeletal injury conditions such as low back pain, shoulder strains, ankle sprains and post-operative patient/client care.
- 6. Demonstrate posture taping applications for correction of common chronic postural deficits of the upper and lower spine regions.

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Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.

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**Massage Therapists:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/75352](http://www.pesi.com/events/detail/75352).

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**Physical Therapists & Physical Therapist Assistants:** This activity consists of 6.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

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**Other Professions:** This activity qualifies for 360 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*  
• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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