

# Kinesio Course Announcement

FOR MORE INFORMATION AND COURSE BOOKING PLEASE CONTACT - [ydi@mweb.co.za](mailto:ydi@mweb.co.za)

Kinesio Taping courses run in association with Kinesio South Africa and are approved by the International Kinesio Taping Association, founded by Dr Kenzo Kase. They are taught by experienced Certified Kinesio Taping Instructors. Courses in South Africa are open to any medical practitioner whose scope of practice allows diagnoses and treatment of musculoskeletal conditions: doctors; physiotherapists; occupational therapists; chiropractors... Following completion of the course you will receive one year's membership to the Kinesio Taping Association - including the Kinesio Database, forums and research library. Your certification will be verified by the Kinesio Taping Association and recognised across the world.



## Course Overview

The course price of R2500 includes: Training manual, 3 rolls of Kinesio Tex tape for the course, 1 yr membership to the KTA valued at R1000 (including the Kinesio Forum, Research Library and Video Database) and 16 CEU's applied for.



### Day 1: KT1 FUNDAMENTALS OF Kinesio Taping® (Total hours: 8)

The KT1 course introduces practitioners to the Kinesio Taping Method®. During this 8 hour class, the instructor will discuss the fundamental concepts of the Kinesio Taping Method® and the unique properties of Kinesio Tex® Tape. This is followed by a workshop where attendees will have time to practice screening and muscle testing and muscle applications for both the upper and lower body using Kinesio Tex Tape. Upon completion of this course, attendees will be able to discuss and apply the Kinesio Taping Method® to relax overused muscles, stimulate weak muscles, decrease pain and swelling.

- Introduction to Kinesio Taping® Concepts (2 hrs)
- Basic Upper Body Kinesio Taping® Techniques (3 hrs)
- Basic Lower Body Kinesio Taping® Techniques (3 hrs)

### Day 2: KT2 ADVANCE TECHNIQUES in Kinesio Taping® (Total hours: 8)

The KT2 course introduces practitioners to advanced applications using the Kinesio Taping Method®. During this 8 hour class, the instructor will introduce the six Corrective Techniques (Mechanical, Functional, Space, Fascia, Ligament/Tendon, and Lymphatic) and discuss their application in a variety of clinical conditions. This includes Kinesio Taping® for orthopedic & neurological conditions.

Upon completion of this course, attendees will be able to discuss and apply the KT Method for orthopaedic & neurological conditions including applications such as:

- Corrective Kinesio Taping® Techniques (2 hrs) Mechanical, Fascia, Space, Ligament, Functional and Lymphatic Correction
- Corrective Technique Applications (6 hrs)



### Course Presenter: Yolande de Jager

Yolande qualified as a physiotherapist from the University of Pretoria in 2001. She also completed aerobics fitness instructor and personal training courses in 2001. She has attended various local and international manual therapy and sports related courses and congresses. She completed OMT 1 in 2006; is a SASMA accredited sports physiotherapist and is qualified as a level 1 International Triathlon Union coach. She completed KT1-3 in South Africa in 2007; the Certified Kinesio Taping Instructors course in Israel in 2009 and the KTA most recent re-certification in 2010. She has attended various international KT1&2 courses and started presenting locally in 2009. She is currently working at the Rosebank Centre for Sports Medicine and is a member of the SASP PhysioFocus executive committee.

