

MKT MUSCULOSKELETAL & ORTHOPAEDIC KINETIC TAPING CERTIFIED PRACTITIONER MODEL

The Musculoskeletal & Orthopaedic Kinetic Taping Certification Model is a one day course and has a total credit or CEU's of 12 HRS which consists of 4 HRS Pre Reading & 8 HRS of Practical lab session.

PRE STUDY MATERIAL

- (1) Introduction, Past Studies & History of Taping & Strapping.
- (2) Types of Elastic Adhesive Bandage & Evolution of MKT Tapes.
- (3) The Role of Active Ingredients in the form of Menthol & Negative ions & its Physiology.
- (4) Introduction to Pain & The Rise of Neuromatrix.
- (5) Clinical Pearl for Soft Tissue Loading & Unloading for Rehabilitation.
- (6) Principles of Stretching & Tape Measurement.
- (7) Principles of Assessment for Taping.
- (8) Taping & The Cutaneous Innervation Fascial Neuro Modulation - A Key for understanding.
- (9) Structural Anatomy & Areas of Palpation

COURSE DETAILS & ITINERARY

9 am to 10.30 am

- (1) Introduction to Musculoskeletal & Orthopaedic Rehabilitation Model.
- (2) Types of Kinesiology Tapes in market & introduction of MKT Activated Air Tapes.
- (3) MKT Activated Air Tapes safety & stretching guidelines.
- (4) Indication, Adverse Effects, Precautions, Contraindication of MKT Activated Air Tapes.
- (5) Classification of types of MKT Activated Air Tapes Applications:
 - (a) Muscle application technique.
 - (b) Ligament application technique.
 - (c) Tender Point application technique.
 - (d) Neuro Connective application technique.
 - (e) Lymphatic Flagging application technique.
- (6) Structure of Vitality

10.30 am to 12.00 Noon

(A) Hip Functional Areas :

- (1) Gluteus Maximus
- (2) Gluteus Minimus & Medius
- (3) Iliotibial (IT) Band
- (4) Quadriceps



12.00 Noon to 1 pm

(B) Knee Functional Areas :

- (1) Sartorius
- (2) Hamstrings
- (3) Popliteus
- (4) Gastrocnemius & Soleus

1.00 pm to 2.00 pm

Lunch

2.00 pm to 3.00 pm

(C) Cervical & Shoulder Dysfunction Areas :

- (1) Splenius Capitis
- (2) Trapezius
- (3) Biceps Brachii & Triceps Brachii
- (4) Rotator Cuff

3.00 pm to 4.00 pm

(D) Spine & Trunk Dysfunction Areas :

- (1) Erector Spinae
- (2) Quadratus Lumborum
- (3) Pectoralis Major & Pectoralis Minor
- (4) Iliacus.

4.00 pm to 5.00 pm

(E) Pathological Relations:

- (1) Carpal Tunnel Syndrome
- (2) Osteoarthritis Knee
- (3) Scoliosis
- (4) Fracture/ Bruising of Ribs & Scar Tissue Taping.

5.00 pm to 6 pm

Case Discussion & Exam.