

## MKT SPORTS & ATHLETIC KINETIC TAPING CERTIFIED PRACTITIONER MODEL

**The Sports & Athletic 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 Sports & Athletic 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) Ankle Dysfunction :

- (1) Achilles Tendonitis
- (2) Ankle Sprain
- (3) Medial Tibial Stress Syndrome  
(Shin Splints)
- (4) Cuboid Subluxation



## **12.00 Noon to 1 pm**

### **(B) Knee Dysfunction :**

- (1) Groin strain
- (2) Patellar Tendonitis
- (3) Patellar Subluxation
- (4) Knee Sprain (Collateral Ligaments of knee)
- (5) Anterior Cruciate Ligament of Knee.

## **1.00 pm to 2.00 pm**

### **Lunch**

## **2.00 pm to 3.00 pm**

### **(C) Hip & Trunk Dysfunction :**

- (1) Oblique Strain
- (2) Hip Pointer (Contusion)
- (3) Snapping Hip Syndrome
- (4) Rectus Abdominus Strain

## **3.00 pm to 4.00 pm**

### **(D) Shoulder & Arm Dysfunction :**

- (1) Tennis Elbow/ Golfers Elbow
- (2) Shoulder Impingement Syndrome
- (3) Bicipital Tendonitis
- (4) Anterior Shoulder Instability

## **4.00 pm to 5.00 pm**

### **Pathological Relations :**

- (1) Whiplash
- (2) Buddy Splint, Finger Sprain & Wrist Stabilization.
- (3) Costochondritis

## **5.00 pm to 6 pm**

Case Discussion & Exam.