

# KINESIOLOGY TAPING REDEFINED : FASCIAL MOVEMENT TAPING LEVEL 1 CERTIFICATION

Please select a date & location:  WILMINGTON - Nov 17  ANNAPOLIS - Nov 18  FAIRFAX - Nov 19  ALEXANDRIA - Dec 15  
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PTKICRT-1115-2



# Kinesiology Taping Redefined FASCIAL MOVEMENT TAPING LEVEL 1 CERTIFICATION

Powered by ROCKTAPE, become a certified kinesiology taping professional with this 8-hour, hands-on intensive course!



## Includes:

- Fascial Movement Taping LEVEL 1 CERTIFICATION Commercially Accredited
- Free Tape Roll
- Full-Color Study Guide
- Tape Samples for Home or to Share at the Clinic!

**CE Certification Available**

**Wilmington, DE - Nov 17**  
**Annapolis, MD - Nov 18**  
**Fairfax, VA - Nov 19**  
**Alexandria, VA - Dec 15**  
**Frederick, MD - Dec 16**  
**Baltimore, MD - Dec 17**

Kinesiology Taping Redefined

# FASCIAL MOVEMENT TAPING LEVEL 1 CERTIFICATION



**Powered by ROCKTAPE, become a certified kinesiology taping professional with this 8-hour, hands-on intensive course!**

## Discover the Effects & Benefits of Kinesiology Taping on Pain, Movement, Fluid Dynamics, Posture, & More!

Until now, choices were limited if you wanted to learn how to use kinesiology tape. No more books or expensive classes! The first course in the series, Fascial Movement Taping 1 (FMT 1), addresses theories and applications for pain, posture, edema, scars, and nerve entrapment syndromes.

Fascial Movement Taping (FMT) is a 2-part kinesiology taping certification by industry leading experts in movement assessment and therapy. FMT 1 is based on the obvious, yet largely overlooked, concept of muscles acting as a chain and understanding human movement. Say good-bye to agonizing over muscular origins, insertions, and memorizing directions of tape, and hello to a practical framework of "taping movement, not muscles."

This 8-hour course introduces the concept of movement therapy and enhancement via functional taping methods. It includes a review of the current literature supporting the theory of kinesiology taping for the purposes of rehabilitation, edema/swelling management, neuropathic pain, and postural management. The course is intended for therapists and practitioners with all levels of experience with taping.

## Course Director



**ED Le CARA, DC, PhD, ATC, CSCS**, has worked as a Chiropractor, Athletic Trainer, and Strength and Conditioning Coach for over 20 years, and is currently the Director of Athletic Training at KinetikChain in Dallas, TX and Director of Research at RockTape. Dr. Le Cara holds a PhD in Athletic Training from Rocky Mountain University, Doctorate of Chiropractic from Palmer College of Chiropractic West, and a Bachelor's degree in Exercise Sciences from the University of California at Davis. He is Board Certified as a Chiropractic Sports Practitioner and in Chiropractic Rehabilitation. He has several peer-reviewed publications and has extensive experience presenting seminars. Dr. Le Cara was the 2011 Clinician of the Year from Palmer College of Chiropractic West Sports Council, received the California Chiropractic Association Robert Botterman Award, and has been inducted into the San Ramon Valley High School Sports Hall of Fame.



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# What You Will Learn

- Introduce the concept of a longitudinal muscle chain approach to elastic therapeutic taping (Fascial Movement Taping)
- Recognize the neurophysiological effects of kinesiology taping
- Gain the skills of functional taping and understand its role in the applications of rehabilitation, edema management, neuropathic pain, scar mobility, and posture improvement
- Propose a myofascial sequencing model of “taping movements, not muscles”
- Review the literature on kinesiology taping

# What You Should Bring

- RockTape will provide all supplies needed for the course, including tape, scissors, and movement assessment equipment.
- Please wear comfortable clothing to allow for full range of motion and application of tape.

## REGISTER NOW!

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*Superb instructor and generous supplies. Comprehensive and more content regarding screening and diagnostics than I expected. Any questions readily answered, and I love that there is not only one way to address a problem with tape! I will recommend to PT colleagues who are interested in taping.*

*-J. Chapman, PT*

Connect with Us!



# Dates & Locations

## WILMINGTON - Nov 17, 2015

DoubleTree by Hilton Hotel Wilmington  
4727 Concord Pike, Wilmington, DE 19803 302-478-6000

## ANNAPOLIS - Nov 18, 2015

DoubleTree Hotel  
210 Holiday Ct, Annapolis, MD 21401 410-224-3150

## FAIRFAX - Nov 19, 2015

Hilton Garden Inn Fairfax  
3950 Fair Ridge Dr, Fairfax, VA 22033 703-385-7774

## ALEXANDRIA - Dec 15, 2015

Hampton Inn Alexandria-Old Town South  
5821 Richmond Hwy, Alexandria, VA 22303 703-329-1400

## FREDERICK - Dec 16, 2015

Holiday Inn Holidome & Conf Ctr  
5400 Holiday Dr, Frederick, MD 21703 301-694-7500

## BALTIMORE - Dec 17, 2015

BWI Airport Marriott  
1743 W Nursery Rd, Baltimore, MD 21240 410-859-8300

# Course Hours

**7:30 AM** - Registration (*Coffee/hot tea provided*)

**8:00 AM - 5:30 PM** - Seminar

(*One-hour break for lunch on your own.*)

## Late Arrivals or Early Departures:

See “Amended Certificates” information under Continuing Education Credit.

# Who Should Attend

Physical Therapists  
Physical Therapist Assistants  
Occupational Therapists  
Occupational Therapy Assistants  
Athletic Trainers  
Massage Therapists  
Certified Strength and Conditioning Specialists  
Personal Trainers  
Chiropractic Physicians

# COURSE CONTENT

## HISTORY OF TAPING

- Types of taping
  - o Kinesiology taping and its popularity
  - o The difference between kinesiology tapes
    - Features and characteristics

## WHAT DOES THE LITERATURE SAY?

- Clinically proven facts
- Old vs. new concepts

## APPLICATION & CARE TIPS

- How to get the best results
- Reduce risks involved in kinesiology taping
- Cautions and contraindications

## FASCIAL MOVEMENT TAPING (FMT) EDUCATION

- What is FMT?
- Clinically proven facts
- Old vs. new concepts
- Past and future taping
- Effects and benefits of taping on movement

## SKIN-BRAIN CONNECTION

- Neurosensory power of kinesiology tape
  - o Peripheral nerves
  - o Sensory system/receptors
  - o Importance of brain
  - o Histology of skin

## PAIN TAPING

- Methods and application
- Effects and benefits
- Pain practical
  - o Low back
  - o Neck
  - o Knee
  - o Upper extremity
  - o Lower extremity
  - o Plantar fasciitis
  - o Shoulder
  - o Variations

## FLUID DYNAMICS TAPING

- Methods and application
- Effects and benefits
- Fluid dynamics practical
- Decompression strategy vs. compression strategy

## POSTURE TAPING

- Methods and application
- Effects and benefits
- FMT postural taping framework
- Posture evaluation from head to toe
- Common postural dysfunctions

## NERVE ENTRAPMENT TAPING

- Methods and applications
- Effects and benefits for neurological patients
- Neuro practical
- Nerve tract irritation
- Upper and lower extremities
- Case example
  - o Sciatica

## SCAR TAPING

- Methods and application
- Effects and benefits
- Scar practical
  - o Scar tissue assessment
  - o Scar tissue framework
  - o Special populations and conditions

## CASE STUDIES

Please note, case studies will be covered throughout the day

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*Instructor had good command of the subject with supportive clinical references. Excellent for practical applications with patients.*

*-S. Perman, DC*

*Instructor was experienced and knowledgeable. It was great to have clarification about taping techniques, and learning new ways to use RockTape was great. Delivery and teaching manner was very fun. Time flew by and I learned a lot.*

*-H. Montgomery, Personal Trainer*

## Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add [customerservice@crosscountryeducation.com](mailto:customerservice@crosscountryeducation.com) to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the event are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. A refund or voucher will be issued to any participant who is registered to attend a seminar that is cancelled by Cross Country Education, LLC. If payment is not received 10 days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law.

## Our Guarantee

If you are not satisfied after participating in one of our programs, please let us know in writing within seven days and we will issue a credit voucher for you or anyone in your facility to use toward another seminar, webinar, audio, video, or online product. Returned audio and video products/materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

## Continuing Education Credit

If you do not see your respective state listed, please review your rules/regulations as many states have reciprocal agreements with other state boards/associations.

**Athletic Trainers:** Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097 8 CEUs will be awarded.



**Massage Therapists:** Cross Country Education, LLC. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #450123-06. This course is offered for 8 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.



**Occupational Therapists, Occupational Therapy Assistants:** Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .8 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Intermediate, Category 1: Domain of OT, 2: Occupational Therapy Process.



### Physical Therapists, Physical Therapist Assistants:

**Maryland:** This program has been submitted to the Maryland Board of Physical Therapy Examiners for pre-approval of 0.8 continuing education hours.

**New Jersey:** This program has been approved for 8 continuing education credits by the New Jersey Board of Physical Therapy Examiners for Physical Therapists and Physical Therapy Assistants (Approval # 2014-1512).

**Pennsylvania:** This program has been approved by the Pennsylvania State Board of Physical Therapy for a total of 8 contact hours of which 0 hours have been approved for Direct Access. PA Board Approval #PTCE008064.

**West Virginia:** This program has been submitted to the West Virginia Board of Physical Therapy for 8 Continuing Education hours.

**Other Professions:** This educational offering qualifies for 8 continuing education hours 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 filing requirements.

**All Professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

**Amended Certificates:** Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

**ADA:** If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.



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