

KINESIOLOGY TAPING REDEFINED: FASCIAL MOVEMENT TAPING LEVEL 1 CERTIFICATION

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*Registrations received 10 days prior to seminar date.
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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



C. SHANTE COFIELD, PT, DPT, OCS, CSCS, CF-L1, is a board certified Orthopedic Clinical Specialist (OCS) practicing in NYC, with specialties ranging from CrossFit injuries to pelvic floor dysfunction. Dr. Cofield graduated from Georgetown University and continued her educational pursuits at New York University, graduating with a Doctorate in Physical Therapy (DPT) and becoming a Certified Strength and Conditioning Specialist (CSCS). She is also a certified Functional Movement Screen (FMS) provider, Selective Functional Movement Assessment (SFMA) provider, a Functional Range Conditioning mobility specialist (FRCms), and holds a CrossFit Level I trainer certificate. Outside of the clinic, Dr. Cofield is a RockTape instructor, an advisory board member for WODMedic, and the creator of The Movement Maestro, a website and social-media based platform devoted to all things human movement and mobility related. She has also served as content expert for numerous publications and has lectured at universities and exercise facilities on topics including screening techniques, movement patterns, and injury prevention. She is a proud member of CrossFit718, serving as their in-house PT and movement specialist.



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Includes:

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

CE and
Certification
Available



Ft Wayne, IN - Mar 1
Toledo, OH - Mar 2
Ann Arbor, MI - Mar 3

Up to 8 CE hours available*
*Depending on profession. See details inside.



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Seminar Schedule

Registration: 7:30 a.m. (coffee & tea provided)
Seminar Begins: 8:00 a.m.
Lunch Break: 1 hour (on your own)
Seminar Ends: 5:30 p.m.

Arriving late or leaving early?
Please see "Amended Certificate" information under CONTINUING EDUCATION CREDIT section of this brochure.

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.

"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

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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

Dates & Locations

FT WAYNE - Mar 1, 2016
Hotel Ft Wayne
305 E Washington Ctr Rd, Ft Wayne, IN 46825
260-484-0411

TOLEDO - Mar 2, 2016
Radisson Hotel at The University of Toledo
3100 Glendale, Toledo, OH 43614
419-381-6800

ANN ARBOR - Mar 3, 2016
Holiday Inn North Campus
3600 Plymouth Rd, Ann Arbor, MI 48105
734-769-9800

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

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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 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.

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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: Indiana: This meets the IN-PT approval under 844 IAC 6-8-5 Approved Organizations #9, please contact IN Board or Association if you have questions. Ohio: This program has been submitted for 8 CEUs to the Ohio Physical Therapy Association for Physical Therapists and Physical Therapy Assistants.

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.

Certificates, Educational Offering Completion Requirements: Certificates will be awarded upon receipt of payment and successful completion of the educational offering and evaluation form.

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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