

PROGRAMME



Introduction to Sports Taping (1 day)

Date	Venue	Tutor
TBC		Clare Pope

Clare believes strongly in applying a clinical reasoning approach to taping techniques so that there is not a "one size fits all" approach in terms of which techniques fits which condition. Rather, the approach is "what do you want to achieve with tape?" and then a variety of techniques can be explored with the patient at the centre of the process.

The learning outcomes for the day are as follows:

- To explore the underpinning research around taping (i.e. what does it actually do/not do/myths/accepted/beliefs about its function etc)
- To learn the principles of taping to joints and muscles and fascia
- To be able to apply those principles to a variety of areas of the body
- Practical examples of techniques to the lower limb taping to joints and muscles
- Practical examples of techniques to the upper limb taping to joints and muscles

The day would aim to cover practical examples of techniques to the upper and lower limb taping:

Lower limb would include ankle, knee, hamstrings, quadriceps, gastrocnemius and the Achilles tendon.
Upper limb will include shoulder, elbow and wrist plus surrounding muscles and fascia.

There will be 30 mins of questions at the end regarding techniques covered and the application of tape in other areas and suitable clinical scenarios.

Time

08.45	REGISTRATION
9.00am	Introduction
9.45am	Start of practical session
11.00am	BREAK
11.20am	Continue
1.00pm	LUNCH
1.45pm	Continue
3.00pm	BREAK
3.15pm	Continue
4.00pm	Review and discussion
4.30pm	Close

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