

**COMPREHENSIVE COURSES
LEADING TO
KINESIO TAPING INSTRUCTOR
(CKTI)
CERTIFICATION**



Elewijt Center

**Tervuursesteenweg 564
1982 Elewijt - Zemst (Belgium)**

COURSE DATES:

**Kinesio Taping Method: Fundamental principles and Applications(2 days)
08/Nov/2003(Sat) & 09/Nov/2003 (Sun)**

**Kinesio Taping Method: Advanced Clinical Applications(2 days)
13/Dec/2003(Sat) & 14/Dec/2003 (Sun)**

**Kinesio Taping Method: Instructor Certification and Examination (2 days)
Spring of 2004**

COURSE OBJECTIVES FOR: COURSE # 101-BRBE-1103
KINESIOTAPING METHOD
FUNDAMENTAL PRINCIPLES
AND APPLICATIONS



1. Understand neuromusculoskeletal anatomy and physiology as related to Kinesio Taping.
2. Understand the theory underlying the Kinesio Taping method, including the rationale for tape application in conditions of overuse syndrome/muscle guarding, facilitation of weak muscles, and reduction of pain and swelling.
3. Using the concepts of Kinesio Taping, correctly demonstrate the application of Kinesio Tape for selected muscles, including tape cutting, application, and problem-solving. Demonstrate correct application of the methods learned during the laboratory sessions.



COURSE OBJECTIVES FOR: COURSE # 201-BRBE-1203
ADVANCED CLINICAL APPLICATIONS

1. Describe and apply the theory, rationale for Kinesio Tape application in acute and chronic conditions requiring edema management
2. Describe and utilize a clinical decision-making process for KinesioTape application using advanced concepts.
3. Correctly identify neuromusculoskeletal problems to be addressed by Kinesio Tape and apply correctional (fascia, soft tissue, space, joint/ligament) Kinesio Tape
4. Correctly apply the combination of fundamental Kinesio Taping in KT1, KT2 for selected whole body clinical problems and disorders.
5. Describe the scientific and evidence-based literature supporting the Kinesio Taping Method.

KinesioTaping Internet Database

Researcher	Year	Sample Size	Intervention	Findings
Chaffin	1998	100	KT	KT significantly reduced pain and swelling
Chaffin	1999	100	KT	KT significantly reduced pain and swelling
Chaffin	2000	100	KT	KT significantly reduced pain and swelling
Chaffin	2001	100	KT	KT significantly reduced pain and swelling
Chaffin	2002	100	KT	KT significantly reduced pain and swelling
Chaffin	2003	100	KT	KT significantly reduced pain and swelling
Chaffin	2004	100	KT	KT significantly reduced pain and swelling
Chaffin	2005	100	KT	KT significantly reduced pain and swelling
Chaffin	2006	100	KT	KT significantly reduced pain and swelling
Chaffin	2007	100	KT	KT significantly reduced pain and swelling
Chaffin	2008	100	KT	KT significantly reduced pain and swelling
Chaffin	2009	100	KT	KT significantly reduced pain and swelling
Chaffin	2010	100	KT	KT significantly reduced pain and swelling
Chaffin	2011	100	KT	KT significantly reduced pain and swelling
Chaffin	2012	100	KT	KT significantly reduced pain and swelling
Chaffin	2013	100	KT	KT significantly reduced pain and swelling
Chaffin	2014	100	KT	KT significantly reduced pain and swelling
Chaffin	2015	100	KT	KT significantly reduced pain and swelling
Chaffin	2016	100	KT	KT significantly reduced pain and swelling
Chaffin	2017	100	KT	KT significantly reduced pain and swelling
Chaffin	2018	100	KT	KT significantly reduced pain and swelling
Chaffin	2019	100	KT	KT significantly reduced pain and swelling
Chaffin	2020	100	KT	KT significantly reduced pain and swelling

Benefits of KinesioTaping:

This innovative taping method is used to reduce edema, support muscle function, and provide proprioceptive stimulation to muscles and joints. The tape's properties, including its elasticity and the easy application methods have led to its widespread use in elite athletes as well as in diverse rehabilitation settings around the world.

- ♦ Easy to apply with immediate results
- ♦ Time efficient and cost effective
- ♦ Easy for your client to learn self-application
- ♦ Inexpensive compared to other methods
- ♦ Effective patient management

COURSE LOCATION:

Elewijt Centre
 Tervuursesteenweg 564
 1982 Elewijt - Zemst (Belgium)
 Tel: ++(32) 015-62.72.72
<http://www.elewijtcenter.be/>



KT for Infant Congenital Muscular Torticollis

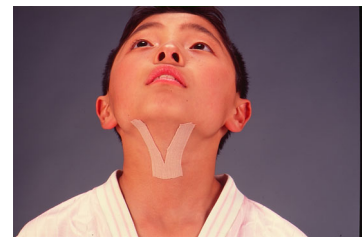
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Registration Contact:

KINESIO TAPING ASSOCIATION EUROPE

Av. Vandendriessche 46,

1150 BRUSSELS BELGIUM

Fax: +81-35269-3889

E-mail: kinesio@skynet.be

Fees: € 520.00 per Course payable by bank transfer. Kinesio Current A/C 734-0069323-74, KBC Bank, IBAN :BE16 7340 0693 2374, SWIFT(BIC): KREDBEBB , please notify your payment to Kinesio Taping Association Europe. Course registration includes tuition, 2 rolls Color KinesioTex and 6 rolls practice KinesioTex (per Course), KT Basic Course Workbook & Standard KT (1) for # 101-BRBE-1103, Standard KT(2) & Clinical Therapeutic Applications of Kinesio Taping for 201-BRBE-1203, Refreshments, and Certificate of Completion.

Preparation: Upon pre-registration, students will be provided pre-course review materials to prepare for the course.

Recommended Attire: Proper laboratory attire includes loose fitting shorts and halter top, jog bra, or swimming suit top for ladies and loose fitting shorts for the gentlemen in order to tape the body. Please bring your own stainless steel scissors. We recommend Kinesio Scissors available through the Kinesio Taping Association or your local distributor.

Hotel accomodations: refer to <http://www.elewijtcenter.be/>

Airport: Brussels; transfer by taxi

Accommodations and meals to be paid separately by individual

Cancellation and Refunds: Registration fee, less €50 administrative expenses, will be refunded if written cancellation is received no later than 30 days prior to the starting date of the seminar. NO REFUNDS will be given after that date. We reserve the right to cancel the course at any time with full refund to participants or credit to the next course. We will not be responsible for any travel expenses incurred by attendees in the event of cancellation.

Continuing Education Units (CMEs): Course participants will be awarded a Certificate of Completion, listing the contact hours, which can be submitted to your professional and licensing organizations.

Introducing an Innovative Approach to Achieve Treatment Results!



Meet your instructors:

Dr. Kristinn Heinrichs has been a CKTI since 1999. Dr. Heinrichs holds graduate degrees in sports medicine and exercise physiology from the University of Virginia and is a Diplomate in Sports Physical Therapy (ABPTS), a certified athletic trainer, and NSCA certified strength and conditioning specialist. She is a member of the ACSM and the European College of Sport Science. Her unique background encompasses exercise physiology, biomechanics, conditioning for performance, injury prevention, rehabilitation and over 16 years university teaching. Her neuromusculoskeletal clinical practice includes recreational and professional athletes at all levels of competition. Dr. Heinrichs is well-published in peer-reviewed journals and conducts evidence-based sports workshops at national and international levels, including Europe, Asia, and South America to orthopedic surgeons, sports therapists, coaches, and elite athletes.

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What people are saying:

"The application of KinesioTex reduced the swelling within hours, much to my amazement and the physicians working with me. It was a miracle!"

—Cindy Jones, PGA Teaching Professional



Mr. Cosimo Bruno has successfully used the Kinesio Taping Method in his practice since 1998 and serves as the Head CKTI for the European Region. Mr. Bruno was graduated from the University of Genoa (physiotherapy) and completed a specialization in sports physical therapy from the University of Nice (France).

He holds leadership positions within the European Region of the World Confederation for Physical Therapy, the European Union Committee of Physiotherapists, International Affairs Section of the Italian Physiotherapy Association, and the McKenzie Institute Italia. Mr. Bruno is a member of the physiotherapist examination commission for the Italian Ministry of Health. He is the coordinator of physical therapy services in the Orthopedic Department of the St. Charles Hospital in Bordighera, Italy where he treats a variety of patients, including adult rehabilitation, pediatrics, neurologic disorders, and sports injuries.

ONLY
COMPREHENSIVE KINESIO TAP-
PING COURSE
IN EUROPE

- * Multilingual Top CKT Instructors
- * Global Standard Kinesio Taping Techniques
- * Based on 23 year History and Results

KINESIO TAPING ASSOCIATION EUROPE

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