

KTA STANDARD COURSE AGENDA

In order to fully prepare you for our highly sought after CKTP recognition and necessary examination, the following are required. This program was founded and designed by Dr. Kenzo Kase and further developed by practitioners just like you.

KINESIO® TAPING AGENDA

Day 1 Fundamental Kinesio Taping

7:30 AM	Registration
8:00	Instructor Introduction and Bio
8:10-10:00	Intro to Kinesio Taping History, Concepts and Theory: Physiology & Pathology, Tape Qualities, Intro to the 5 Major Physiological Effects (Skin, Circulatory, Fascia, Muscle and Joint), Basic Application Concepts (Finger Demo and Sacrospinalis)
10:00	Break
10:15-11:30	Joint Function, Biotensegrity, Application Basics, Prep, Precautions, Intro to KT Assessments, Q&A
11:30	Lunch
12:30-3:00 PM	KT Assessments & Labs (Cervical Paraspinalis, Scalenes Anterior, Quad Femoris, Pectoralis Major, Rhomboid, and Gluteus Medius)
3:00	Break
3:15-4:55	KT Assessment & Labs (Gastrocnemius and Soleus, Deltoid, Wrist Extensors, and Extensor Pollicis Longus)
5:00-5:40	Assessment Q&A, KTI Review and Q&A, Conclusion

Day 2 Advanced Kinesio Taping

8:00-10:05 AM	Overnight Responses, Trouble Shooting, Basic Concepts of Corrective Techniques, Tension, Mechanical Correction, (Patellar Tracking, Shoulder Instability)
10:05	Break
10:20-11:30	Fascia Correction (Lateral Epicondylitis, ITB)
11:30	Lunch
12:30-3:10 PM	Space Tendon and Ligament Correction (Elbow, Lumbar, Carpal Tunnel, Achilles Tendon, Knee)
3:10	Break
3:25-5:20	Tendon Correction (Plantar Fasciitis Lab), Functional Correction (Ankle and Wrist), Circulatory/Lymph Correction (Edema of Calf and Foot), Intro to Scar Management
5:20-5:40	Assessment Q&A, Glossary Review, Application Request, Conclusion

Day 3 Specific Kinesio Taping (CKTP Certification Course)

8:00-10:20 AM	Success Stories, Q&A, Assessments, KTI & KT2 Review, Clinical Concepts and Attendees Assessments (Shoulder Impingement, Whiplash/Cervical Pain, Chondromalacia Patella)
10:20	Break
10:35-12:15 PM	Advanced Concepts, Manual Fascia Glide, Basket Weave Technique, Intro to Scar Taping, Directional Pull and Pitting Scars Application
12:15	Lunch
1:15-5:30	Per CKTI

