

# Certified Kinesiotaping Course In the UAE

Approved and Certified by the Kinesiotape Association USA

**KT1 and KT2**

**2<sup>nd</sup> & 3<sup>rd</sup> October 2015**

**Venue: Edutrack Seminar Hall, Al Qusais Plaza, Al Qusais , Dubai**

**(Friday & Saturday) 09:00am till 4:30pm**

## Cornerstones of the Kinesio® Taping Method:

- Taping over and around muscles in order to assist and give support or to prevent over-contraction.
- Applying stretch to the tape or to the target area in order to create space under the skin and create the desired effect on the musculature.
- Affecting change in deeper layers of fascia by manipulating the skin and muscle.
- Creating space underneath the skin to improve circulation and lymphatic drainage.
- Utilizing a number of corrective techniques to promote correct muscle and joint function
- Pain relief by targeting the pain and the source of the pain
- Utilizing single "I" strips or modifications in the shape of an "X," "Y" or other specialized shapes
- Applying base of tape with no tension to create pull towards the base

## Instructors:

**Sujata Khire, MSc PT, CKTI**

Senior Physiotherapist & Certified Kinesio Taping Instructor  
KinesioTaping Association international.

**Ruben Ferreira, MSc PT, CKTI**

Sports Physiotherapist Al Jazira Sports Club  
Certified Kinesio Taping Instructor

**Course Fees:** 1800 AED ( for 2 days)

(This includes course fees, Seminar Kit, (the membership and full access to Kinesiotape Association (KTA) Database (198+ Applications), work books, Tapes ), certificate of attendance, Light Lunch and refreshments.

**Venue:** Edutrack Seminar Hall, Suite 302, Al Qusais Plaza, Damascus street, Al Qusais industrial area 2, Dubai

**Target group :** The course is open for : Physiotherapist, Occupational therapist, Osteopath, Chiro, Sports therapist, MDs and other musculoskeletal, sports and rehabilitation specialists.

## Contents:

### KT1- Fundamental Concepts

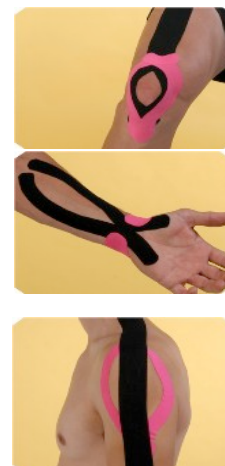
(To be taken in conjunction with KTA approved KT2 course)

- Designed to introduce practitioners to the KT Method
- Covers the four major physiological effects- skin, muscle, circulatory/lymphatic and joint
- Features lab sessions to practice KT applications
- Completion will allow attendees to relax overuse syndrome, stimulate weak muscles and decrease pain and swelling

### KT2- Advanced Concepts and Corrective Techniques

(Attendees must complete KTA approved KT1 course before taking KT2)

- Builds on material learned in KT1
- Covers the six corrective techniques- mechanical, functional, space, fascia, ligament/tendon and lymphatic)
- Features lab sessions to practice KT applications
- Completion will allow attendees to apply the KT Method to orthopedic and neurological conditions



## REGISTRATION PROCESS:

Step 1. Submit an Online Reg form at [www.physioseminar.net](http://www.physioseminar.net)

Step 2. Do the Payment (Options)

- a. Cash Deposit
- b. Bank Transfer
- c. Cheque in favour of Edutrack Events, Dubai

### Bank Details:

Account Name: Edutrack Events  
Bank Name: RAK Bank  
Branch: Shaikh Zayed Road  
Account no: 0122309369001  
IBAN NO : AE820400000122309369001  
Swift Code : NRAKAEAK

Step 3. Inform the payment details by Email / SMS

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