



# FASCIAL MOVEMENT TAPING

## Kinesiology Taping Evolved

Sat 23<sup>rd</sup> & Sun 24<sup>th</sup> September 2017

The Massage Training School, Exmouth

*Attend one or both days*

### FASCIAL MOVEMENT TAPING 1 (FMT1)

This 1 day workshop is a perfect introduction to our taping theory and concepts. Based on previous feedback it is suitable for both novice and experienced tapers. The course is aimed at Physiotherapists, Osteopaths, Chiropractors, Sports and Massage Therapists, and Personal Trainers. If your profession has not been mentioned please contact us to discuss the course suitability. FMT1 aims to teach you lots of taping techniques and the concepts on which they are based. This will equip you with the skills and understanding to effectively apply ROCKTAPE to virtually any problem within the musculoskeletal system.

#### **FMT1 Course outline:**

- Theory and Concepts of Kinesiology taping
- Practical Introduction
- Symptom Reduction Taping (SRT)
- Research Review
- Oedema Control Taping (OCT)
- Dynamic Postural Taping (DPT)
- Power Taping Method (PTM)
- Summary

#### **FMT1 Learning Objectives:**

- To understand proposed mechanisms behind the effects of Kinesiology Tape
- To gain a basic knowledge of the research in Kinesiology taping
- To learn and practise correct tape cutting and handling skills
- To learn the concepts behind 4 main types of tape application
- To practise application of the 4 main types of tape application

### FASCIAL MOVEMENT TAPING 2 (FMT2)

This course has been designed for those who have completed FMT1 or another introductory taping course. If you have taped before, are confident of the basics and are looking for some advanced taping skills this is the day for you. Put simply FMT2 will take your taping to the next level. FMT2 will refine and expand Symptom Reduction and Postural Control tapings learnt on FMT1 and introduce exciting new techniques such as 'Tweak Taping' to enhance and elongate the effects of manual therapy. And our unique movement screening and 'Power Taping' applications.

#### **FMT2 Course Outline:**

- Detailed Research Review
- Advanced Symptom Reduction Taping
- Advanced Postural Control Taping
- Tweak Taping
- Movement Screening and Power taping
- Integrating ROCKTAPE into your clinical practice
- Clinical problem solving

#### **FMT2 Learning Objectives:**

- Improve knowledge of research evidence
- Perfect tape handling skills
- Expand scope of what injuries/problems kinesiology taping is used to treat
- Improve understanding of how to best use taping as part of your treatment system

**Booking:** To book visit <http://shop.rocktape.co.uk/exmouth-fmt-1-2-seminar-23-24-september-2017-join-us-for-1-or-both-days/> directly through ROCKTAPE

**Cost:** £144 per day, or £250 for both. Current/Past Students get a discount – email [info@themassagetrainingsschool.com](mailto:info@themassagetrainingsschool.com) BEFORE booking!

**Venue:** The Massage Training School, 51 Imperial Road, Exmouth, Devon EX8 1DQ

**When:** Sat 25<sup>th</sup> & Sun 26<sup>th</sup> March 2017 9:15am-4.30pm. Registration 9am

**Includes:** Course notes, Tape, Morning/Afternoon tea. A personal certificate of attendance with CPD hours will be issued upon completion.