



KINESIO UNIVERSITY

The Kinesio Taping® Method has two very important elements: the education and the tool. Kinesio Taping® has never been (and never will be) a one-size fits all philosophy. Knowing how to apply the tape is instrumental in an applications success, and this is highlighted in the globally recognized education and certification program. Today Kinesio University™ approved seminars and courses are offered in more than thirty countries across the globe. In 2014 alone more than 1,000 approved programs were hosted, training tens of thousands of practitioners worldwide.

KT1

Fundamental Concepts Of The Kinesio Taping Method

(To be taken in conjunction with KT2)

The KT1 course is designed to introduce practitioners to the Kinesio Taping® Method. Over the course of this eight-hour class, the Certified Kinesio Taping Instructor (CKTI) will discuss the fundamental concepts of the Kinesio Taping Method and the unique properties and use of Kinesio® Tex Tape. During lab sessions, attendees will have ample time to practice screening and muscle testing created for the enhancement of their Kinesio Taping skills and muscle applications for both the upper and lower body. Upon completion of this course, attendees will be able to discuss and apply the Kinesio Taping Method to relax overuse syndromes, stimulate weak muscles, and decrease pain and swelling. In addition to instruction provided by the CKTI, the attendees will receive the full-color Kinesio Taping KT1 & KT2 Workbook to augment their training. Each attendee will also receive a 60-day membership to the Kinesio Taping Association which includes access to a reference database.

KT2

Advanced Concepts And Corrective Techniques Of The Kinesio Taping Method

(Prerequisite, completion of KTA approved KT1 course)

The KT2 course builds on material learned in KT1. During this eight-hour class, the CKTI will introduce the six Corrective Techniques (Mechanical, Functional, Space, Fascia, Ligament/Tendon, and Lymphatic) and discuss their application in a variety of clinical conditions. During lab sessions, attendees will have ample time to practice applying these techniques to a variety of upper and lower body conditions. Upon completion of this course, attendees will be able to discuss and apply the Kinesio Taping Method to orthopedic & neurological conditions.

KT3

Clinical Concepts And Advanced Whole Body Applications Of The Kinesio Taping Method

(Prerequisite, Completion Of KTA Approved KT1 And KT2 Courses)

The KT3 course combines the Kinesio Taping Method foundational concepts of KT1&KT2 with advanced clinical concepts. The course provides lab time for attendees to practice their skills on the new concepts through a variety of clinical applications. The KT3 course is designed to allow the Certified Kinesio Taping Instructor (CKTI) to cater specific clinical applications to address specific professions. Upon completion of this course and prerequisite KT1&KT2 seminar, attendees will be eligible to request and take the exam to become a Certified Kinesio Taping Practitioner (CKTP®). Note: Students can request to take the exam but will not be eligible to receive a CKTP certificate until they graduate.

For more information contact us at :



Specialty Lymphatic Concepts Of The Kinesio Taping Method

(Prerequisite, Completion Of KTA Approved KT1, KT2, And KT3 Courses)

The KT4 Lymphatic course will address Kinesio Taping Methods for lymphatic and circulatory conditions of the upper and lower extremities through lab and lecture format. It will also address Kinesio Taping Methods for improving breathing, constipation, muscle and posture issues, and other conditions that affect the lymphatic function. Advanced fascial and scar management methods to improve lymphatic flow will be addressed. Advanced swelling management for the initial, collector, and deep lymphatics will also be discussed. Participants will have the opportunity to practice innovative Kinesio Taping Methods.

KT4

Specialty Neurological Concepts Of The Kinesio Taping Method: Influencing The Adult Nervous System

(Prerequisite, Completion Of KTA Approved KT1, KT2, And KT3 Courses)

The KT4 Neurological course builds on and expands techniques learned in the KT1, KT2, and KT3 courses. This course addresses variations in nervous system status. The attendees will develop treatment strategies and practice extensive Kinesio Taping techniques to address a wide variety of issues encountered when treating patients with neurological diseases. Some examples include: CVA, CP, ALS, MD, MS, and TBI. The course considers other physiological systems which impact patient considerations when working with the trunk and extremities. Developing, recovering, and deteriorating nervous system patients are investigated, strategies planned, and Kinesio Taping techniques practiced.

KT4

Specialty Pediatric Concepts Of The Kinesio Taping Method

(Prerequisite, Completion Of KTA Approved KT1, KT2, And KT3 Courses)

The KT4 Pediatric course is designed to provide advanced Kinesio Taping techniques and problem-solving to physicians, physical therapists, occupational therapists, speech therapists, massage therapists, athletic trainers, and other health professionals specializing in pediatrics. Kinesio Taping is a method of treatment for musculoskeletal and Myofascial disorders. Kinesio Taping can be used during physical activity and in conjunction with many therapeutic interventions. Attendees will review theory and basic taping techniques, learn advanced and combination techniques, and develop clinical reasoning skills relevant to the pediatric population. The course will also provide commonly used taping techniques for specific diagnoses, including cerebral palsy, hemiplegia, torticollis, and brachial plexus injury; as well as pediatric sports related injuries.

KT4

Specialty Sports Orthopedic Concepts Of The Kinesio Taping Method

(Prerequisite, Completion Of KTA Approved KT1, KT2, And KT3 Courses)

The KT4 Sports/Orthopedic course is focused on sports conditions. During the KT4 Sports/Orthopedic course, attendees will practice their skills on a variety of applications correlated with specific clinical sports conditions. This course is designed to give attendees guidelines on how to combine the concepts learned in the KT1, KT2, and KT3 courses with the concepts of sport medicine. This course is also designed to give attendees the chance to learn and practice specific applications related to specific sports dysfunctions. During this course, attendees will face problem-solving and specific taping techniques correlated with the healing process of joint and soft tissues, posture correction to provide stimulations to restore good posture for athletes, and lower and upper limb injuries. Upon completion of this course, attendees will be able to combine the Kinesio Taping Method with specific sport conditions following guidelines learned during this course and developing the skills necessary to adapt Kinesio Taping Techniques to specific needs of athletes. This will enable the attendees to create an individualized treatment correlated to the phase of the healing process as well as the specific sport injury, sport performed, and position that the athlete occupies on the field.

KT4

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