

Registration Form

March 21, & 22, 2010

South Burlington, VT

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STANDARD  
US POSTAGE  
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PERMIT #393

Your Name **as you would like it to appear on course completion certificate:**

Professional Title: (please use abbreviation)

Name of Your Facility/Clinic

Billing Address

Work Phone

Fax

Email Address

Home Address

Home Phone

Please make the check payable to **VAAT** and mail to:

Vermont Association of Athletic Trainers;

c/o Denise Alosa

34 Fieldstone Dr

South Burlington, VT 05403

Total Amount \$ \_\_\_\_\_

Discount Type:  Early Bird prior to Feb 15, 2010  
 Other \_\_\_\_\_  Group

Check Check # \_\_\_\_\_

Last day to register is : March 5, 2010

The Vermont Association  
of Athletic Trainers

presents:

**Kinesio Taping Seminar**

KT1 & KT2

Fundamental Concepts & Advanced  
Concepts /Corrective Techiques



March 21 & 22, 2010

The Windjammer Inn

& Conference Center

South Burlington, VT

# Vermont Association of Athletic Trainers

## INSTRUCTOR **Andrea Wolkenberg, PT, MA, CKTI**

Andrea Wolkenberg is the Director of Physical Therapy at SPINE OPTIONS, a pain management clinic in White Plains New York. She is also the President of her own company, SPINE SOLVERS INC., through which she teaches, sees private patients and provides consulting services. Andrea graduated from the University of Pennsylvania in 1979 with a Bachelor's degree in physical therapy and received a Master's degree in Medical Anthropology from the New School for Social Research in 1986. She developed her evaluation skills and manual treatment techniques by studying with many of the luminaries in orthopedic manual medicine and movement re-education including Cyriax, Mennell, Jones, Barnes, Paris, Sahrmann, among others. In 2001, Andrea became a Certified Kinesio Taping Method Instructor and is one of only five in the mid-Atlantic region.

**FACILITY:** Best Western Windjammer  
Inn & Conference Center  
1076 Williston Rd.  
South Burlington, VT 05403  
800-371-1125

### Room Reservation & Rates:

A block of rooms have been reserved at a rate of \$79.99 per night + tax; continental breakfast included. (room rate held until 3/01/10)  
Reference group # 405819 &  
VT Assoc of Athletic Trainers when calling

**DATE:** March 21 & 22, 2010

KTA hosts seminars in facilities that are ADA accessible.  
Please let KTA know if you need any special accommodation.

### Continuing Education Units:

Total NATABOC CEU's = 16 hours

**Please bring your own scissors and wear proper attire for taping (tank top & shorts)**

**Sponsored by:**  
**Vermont Association of Athletic Trainers**  
**www.vtathletictrainers.org**

## KINESIO TAPING® AGENDA

### Day 1 – Fundamental Kinesio Taping

7:30	Registration
8:00	Instructor Introduction and Bio
8:10 – 10:00	Intro Kinesio Taping Concepts, Theory, History; Physiology & Pathology; Tape Qualities. Intro five major Physiological Effects; Skin, Circulatory, Fascia & Muscle Function; Basic Application Concepts; Finger Demo & Sacrospinalis Demo
10:00	Break
10:15- 11:30	Joint Function; Biotensegrity; Application Basics, Prep, Precautions; Into to KT Assessment Tests; Q&A
11:30	Lunch
12:30- 3:00	KT Assessments & Labs: Cervical Paraspinals; Scalenes Anterior; Quad Femoris; Pec Major & Rhomboid; Gluteus Medius
3:00	Break
3:15 – 4:55	KT Assessments & Labs Cont.: Gastroc & Soleus; Deltoid; Wrist Extensors; Extensor Pollicis Longus;
5:00- 5:40	Assessment Q&A; KT1 Review & Q&A, Conclusion

### Day 2- Advanced Kinesio Taping

8:00 – 10:05	Overnight Responses, Trouble Shooting: Basic Concepts of Corrective Techniques, Tension; Mechanical Correction: Patellar Tracking, Shoulder Instability
10:05	Break
10:20	Fascia Correction: Lateral Epicondylitis, ITB Application
11:30	Lunch
12:30 – 3:10	Space, Tendon & Ligament Correction: Elbow, Lumbar, Carpal Tunnel, Achilles, Knee
3:10	Break
3:25	Tendon Correction Cont.: Plantar Fasciitis; Function Correction: Ankle and Wrist; Circulatory/Lymphatic Correction: Edema of Calf &/or Foot; Scar Mgmt.
5:20 – 5:40	Assessment Questions, Glossary Review, Application Requests; Q&A; Conclusion

## COURSE OBJECTIVES

Upon completion of this course, including the lecture, demonstration and lab, the participant will be able to:

- Describe the concepts of Kinesio Taping.
- Review muscular anatomy as it is related to Kinesio Taping.
- explain and apply the concepts of the Kinesio Taping Method.
- Describe the unique qualities of the Kinesio Tex Tape.
- Recognize the principles of Kinesio Tex Tape application.
- Utilize and demonstrate application skills in guided laboratory sessions.
- Demonstrate application skills during lab sessions.
- Practice the various cutting techniques and their clinical application.
- Apply Kinesio Taping method to relax and stimulate muscles.
- Apply Kinesio Taping methods for pain, swelling, joint mobility and stability.
- Apply various taping techniques for treatment of the spine, and upper/ lower extremity dysfunction
- Apply various taping techniques for treatment of unique conditions using the concepts and principals of the Kinesio Taping Method.

**Who Should Attend,** ATCs, PTs, OTs, DCs, LACs, MTs, PTAs, OTAs and other medical practitioners. **THIS COURSE IS INTENDED FOR LICENSED HEALTH CARE PRACTITIONERS ONLY**

**Seminar Fee:** \$365 prior to Feb 15.  
\$390 after Feb. 15.

**No On-Site Registration**

**Registration is limited to the first 50 paid participants**

**Cancellation & Refunds:** Refunds (less \$20 processing fee) will be granted for cancellations received before 3/5/10. No refunds will be granted after 3/5/10

**Enrollment:** This course fills quickly. Early registration is highly encouraged.

**Contact for Registration:**  
Vermont Association of Athletic Trainers  
c/o Denise Alosa, MS, ATC  
[dalosa@sbschools.net](mailto:dalosa@sbschools.net)  
802-652-7507