

INTRODUCTION TO THE WORKSHOP:

Many a times we wonder how the athletes are put back into sports so quickly?? The sports physios have a magic wand!!! The taping technique is a key skill required for any physiotherapist to be successful in sports & clinical setting.

The hands on practical workshop will help physios to apply the principles of taping in sports & clinical conditions.

Day 1: 6th July'19

INTRODUCTION TO TAPING

Materials used & methods of taping

SHOULDER

AC joint problems
Shoulder instability
PA shoulder
Rotator Cuff Injury
Deltoid Strain

ELBOW

Tennis elbow
Golfers elbow
Triceps strain
Biceps strain

WRIST

TFC strain
MCP Joint strain
Thumb & Finger sprains

SPINE

Trapezius strain
Inter scapular pain
Thoraco lumbar pain
Lumbo Sacral pain
Sacro-iliac joint pathology
Paraspinal muscle strain

Day 2: 7th July'19

HIP & THIGH

Groin strain
Quadriceps strain
Hamstring strain
ITBFS

KNEE

Anterior Knee pain
(Patellar Tendinosis / PFPS)
MCL & LCL injury
ACL injury
Knee effusion

LOWER LEG

Shin Splints
Calf Strain
TA tendinitis

FOOT & ANKLE

Plantar Fascitis & Heel spur
Turf toe
Lateral ankle sprain
Hallux Valgus

WHATS NEW!!

Fascia Taping
Introduction to Dynamic Taping