

DYNAMIC TAPING

The Biomechanical Tape

Ryan Kendrick

Specialist Musculoskeletal Physiotherapist, Developer of Dynamic Tape

This presentation will be of particular interest to physiotherapists, osteopaths, chiro, sports therapists and sports rehab professionals

Tutor

Ryan earned his Bachelor of Physiotherapy degree from the University of Queensland, Australia in 1994 and a Masters in Musculoskeletal Physiotherapy in 2000 under the same world renowned guidance of Gwen Jull, Carolyn Richardson, Paul Hodges and Bill Vicenzino.

Ryan has worked extensively in the area of Musculoskeletal & Sports Physiotherapy with roles including Personal Physiotherapist to former world number four, Greg Rusedski on the ATP Tennis Tour and British Davis Cup team, and Team Physiotherapist for Essex County Cricket Club.

As a Private Practitioner he has been involved in the management of European Tour Golfers and Olympic and Commonwealth Games athletes in the disciplines of swimming, rowing, archery and triathlon to name a few. Ryan has also been a clinical tutor in Musculoskeletal Physiotherapy on the Bachelor and Masters programme at Griffith University, Australia and has taught Dynamic Taping extensively throughout Australia, New Zealand, USA, Germany, UK, Sweden, Norway, Netherlands, Czech Republic, Honk Kong and Canada. Ryan is the developer of Dynamic Tape and PosturePals.

VENUE - date

Venue address (8hr workshop)

The UK workshops in 2015 have been extended from 6hrs to 8hrs as 95% of delegates who attended in 2014 said that the workshops were fantastic **BUT** that they wanted **MORE** time to cover **MORE** techniques

Workshop

Originally developed in Australia for athletes, sports & MSK physiotherapy it is increasingly becoming an essential tool for therapists of all disciplines.

Dynamic Taping workshops are **highly practical 8 hour workshops** which provide participants with a clear understanding of the major principles and equips them with a number of techniques that can be used immediately in clinical practice.

Dynamic Taping utilises a specially designed, highly elastic **completely different** from rigid sports tapes and kinesiology tapes including Tex Tape, Curetape and K-Active. It's **unique properties** and **four way stretch** allow for a truly biomechanical approach to taping, something that integrates well with a clinician's clinical reasoning process.

The tape is applied in a way that allows the elastic energy to **mimic muscles, absorb load** or to **modify movement patterns**. In addition to this biomechanical approach it has also proved extremely effective for lymphatic taping due to its durability, versatility and superior comfort.

Dynamic Taping can be incorporated into clinical practice immediately and is ideally suited to physiotherapists and sports rehabilitation professionals

Fee: £130 (inclusive of vat) includes handouts, light refreshments & CPD certificate (8hrs).

To register: Book online, over the phone or by post.

Workshop Outline

Introduction – 0.5 hours

- Aims & Objectives
- Properties of tape required for Dynamic Taping & familiarisation with tape
- Application Guidelines

Part 1. Mechanical Mechanisms – 0.5 hours

- Direct & Indirect
- Tendinopathy Model
- Mechanical changes
- Functional Implications
- Kinematics
- Continuum of tendon pathology
- Load as a driver
- Dynamic Taping Mechanical Mechanisms of Action

Part 2. Physiological Mechanisms – 0.5 hours

- Pain Physiology - a modern approach
- Manual Therapy and the pain system
- Dynamic Taping and neurophysiological mechanisms

Part 3. Common Applications – 6.5 hours

- Application Guidelines/Precautions/Contraindications
- Comparison with rigid tapes and kinesiology tapes
- Upper Limb
- Lower Limb
- Trunk
- PosturePals

Part 4. Graduation

- Course evaluation
- Science Supplement
- Certificate of Completion

Aims & Objectives

By the end of this 8 hour workshop delegates will be able to:

- identify indications and contraindications to this intervention
- be cognizant of the scientific basis of Dynamic Taping including background science (physics, biomechanics and pain physiology), and the mechanical and physiological mechanisms of action of Dynamic Taping
- identify the various stages of tendinopathy (according to Cook & Purdham, 2009)
- determine when Dynamic Taping is indicated and who will benefit
- recognise the significant difference in physical properties and methodology between Dynamic Taping, Kinesiology Taping and Rigid Sports taping and identify ways in which these can be used in combination to optimise your treatments
- safely and effectively apply a number of basic Dynamic Taping techniques
- begin to develop your own Dynamic Taping applications based on your assessment, treatment approach and the individual needs of your clients

All courses can be booked and paid for online at www.heseminars.com
Register your details (free) and then log in to pay for any course using secure payment system

Payment Booking Form

Your Name _____ Course Fee £ _____

Course date _____

Address _____

Post Code _____ email _____

Tel No (day) _____ (evening) _____

Where did you hear about the course _____

Your profession _____

I wish to pay the fee of by:

Cheque (payable to Health Education Seminars) **Credit Card** (please circle)

MASTERCARD VISA MAESTRO VISA DEBIT

Name on Card: _____

Card No: _____

Start date: ____ / ____ Expiry date: ____ / ____

Issue Number (Switch Only) ____ 3 digit security no. _____

Funded Delegates

If you are to be funded to attend these courses, please enter the name and address of the person to whom INVOICES are to be sent.

Name: _____ Position: _____

Address: _____

_____ Post Code: _____

Booking reference/Order number (if applicable): _____

Please return this completed application form with your full fee to:

Health Education Seminars, 42 Richmond Road, Poole, Dorset BH14 0BU

Tel/fax: 01202 568898 email: info@heseminars.com www.heseminars.com