



**K-Active Tape**  
by Nitto Denko

The original Kinesiology Tape from Japan



# KINESIOLOGY TAPING

## INTRODUCTORY COURSE

**COURSE TUTOR:** Professor Zbigniew Śliwiński (Fully certified Kinesio Taping Instructor)

Cost: £220 (Inclusive of practice tapes and course materials)



For Course Details and to download application forms visit [www.kinesiologytaping.co.uk](http://www.kinesiologytaping.co.uk)  
or call +44 28 4461 7666 • Email: [info@vivomed.co.uk](mailto:info@vivomed.co.uk)

## Kinesiology Taping - Introductory course

Day 1: 09.00 - 18.00	
09.00 - 10.30	Welcome History Differences between KT and sports tape Properties of the material Main taping techniques Possible applications
10.30 - 10.45	Break
10.45 - 13.00	Body shape Screening and muscle tests  Practical Muscle- technique                   - Lumbosacral-Multifidii Ligament- technique               - Lower back Fascia - technique                   - Patellar - technique
13.00 - 14.00	Lunch
14.00 - 15.30	Practical Screening Test: Lower and Upper Spine Test, including muscle tests Application for trapezius
15.30 - 15.45	Break
15.45 - 18.00	Screening Test: Thorax Test, including muscle tests Application for special application in the area of the trunk and the M. Rhomboideus majus Screening Test: Upper Extremity Test, including muscle Tests Application: M. Deltoideus & M. Supraspinatus Application for: - Whiplash   - Broken rib   - Scars Review of the day
Day 2: 09.00 - 14.00	
09.00 - 10.15	Reflection and questions from the first day Recap of important points of K-Active Taping Recap of the 4 main techniques  Practical exercise  Screening Test: Cervical Extension Test Application on the neck (muscle and ligament) Application for tennis elbow (muscle and fascia)
10.15 - 10.30	Break
10.30 - 13.00	Screening Test: SLR Test Application for the knee Application for the achilles tendon
13.00 - 13.10	Break
13.10 - 14.00	Screening Test: Patrick Test Application for the M. gluteus maximus Screening Test: Abdominal Pressure Test Application for the M. obliques adominis externus and internus Questions and finish of the course

### Tutor:

Professor Sliwinski (Professor at Faculty of Health Sciences in the Pedagogical University in Kielce and Director of the Rehabilitation Dept at Zgorzelec Hospital in Poland) is one of the most experienced and highly qualified practitioners of Kinesiology Taping in Europe having taught the introductory and advanced courses Poland, Italy, Ireland, UK & the Czech Republic.

As well as his keen interest in kinesiology taping, Professor Sliwinski has 25 years experience in physiotherapy & manual therapy, cranial-sacral therapy and neuromobilisation.

He is currently Head for Physiotherapy for Poland and an adviser for Minister of Health for Poland

### Publications:

227 papers published in different journals of science.

Editor-in-Chief Polish Journal of Physiotherapy

Deputy Editor-in-Chief Manual Therapy

# Kinesiology Taping

2 day Introductory course

Course Fee: £ 220.00

Materials: All teaching materials and tapes are included in the course fee

## COURSE APPLICATION FORM

Name:

Organisation:

Address:

Email:

Telephone:

### Tick course payment method:

Cash  Cheque (payable to Vivomed)  Credit Card  Debit Card

Credit Card Details:

Cardholder Name  
Cardholder Address

Card No:

Expiry Date:  Signature: \_\_\_\_\_

Debit Card Details:

Cardholder Name  
Cardholder Address

Switch Card No:

Issue Number:  Expiry Date:  Signature: \_\_\_\_\_

Vivomed Ltd. Unit 3, Ballymote Centre, 40 Killough Road, Downpatrick, BT30 6PY  
Tel: 0044 (0) 2844 617666 Fax: 0044 (0) 2844617472 E-Mail: [info@vivomed.co.uk](mailto:info@vivomed.co.uk)  
Visit our website: [www.kinesiologytaping.co.uk](http://www.kinesiologytaping.co.uk)