

Outline

FUNCTIONAL MOVEMENT TECHNIQUES: TAPING REDEFINED

- Evolution of kinesiology taping
- Directional — movement focused
- Comparing kinesiology tapes: stretch, adherence, longevity
- Current research

TAPE MOVEMENTS, NOT MUSCLES

- Neurosensory - skin to brain connection
- Peripheral nerves
- Tactile acuity - sensory system/receptors

TECHNIQUES AND TREATMENT STRATEGIES

- Hands on with the tape!
- Where to cut? Tips for turning corners
- Does direction matter? How many pieces?
- Stretch, stabilize, decompress
- Indications/contraindications

PAIN IS A REQUEST FOR CHANGE

- Methods and application for treating pain
- Upper extremity
 - Shoulder
 - Lateral/medial elbow
 - Wrist
 - AC joint
- Trunk/Lower extremity
 - Knee pain
 - Shin splints
 - Calf and achilles
 - SI joint
 - Plantar fasciitis

FLUID DYNAMICS – LIFTING EFFECTS OF TAPE

- Decompression strategy vs. compression strategy
- Promote lymph movement with jellyfish taping technique
- Methods and application
 - Acute swelling from trauma
 - Chronic edema conditions
 - Lymphedema

MANAGING MUSCULOSKELETAL CONDITIONS

- Varying approaches for acute vs chronic conditions
- Low back pain- is it acute or chronic?
- Shoulder strains- pain or proprioceptive improvement?
- Ankle sprains- edema or pain management?
- Post-operative conditions- avoid incisions while improving outcomes

POSTURAL CORRECTIONS: THE PIVOTAL TOOL THAT EXTENDS YOUR CORRECTIVE EXERCISE

- Kinesthetic guidance = behavior modification and accelerated motor learning
- Posture evaluation from head to toe
 - Upper and lower cross syndrome
 - Hyperkyphosis
 - Forward head posture

Live Webinar Schedule (Times listed in Eastern)

- 8:00** Program begins
- 12:00-1:00** Lunch Break
- 3:30** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Investigate the physiological effects of kinesiology taping on the body.
2. Demonstrate, via application, functional taping techniques that are specifically designed to influence injury, edema, neurologic conditions, scar, and posture.
3. Demonstrate and discuss how the fascial system functions, and how kinesiology tape interfaces with the mechanical, chemical, and neurosensory sub-systems of fascia.
4. Differentiate fluid dynamics taping applications for acute edema and chronic fluid dysfunction conditions using the jellyfish taping method.
5. Experiment with various tape application techniques for common musculoskeletal injury conditions such as low back discomfort, shoulder strains, ankle sprains, and post-operative patient/client care.
6. Demonstrate and apply posture taping applications for correction of common chronic postural deficits of the upper and lower spine regions.
7. Evaluate kinesiology taping techniques for neurologic entrapment syndromes and scar tissue management.

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Rocktape's functional movement techniques combined with powerful taping applications that:

- Correct postural imbalances from head to toe
- Reduce pain and prevent injury
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Kinesiology taping is such a versatile tool! Exercise tolerant, water resistant & it augments other therapies very well; no wonder it's so popular!

...but many practitioners are relying on outdated models that focus on directional taping, specific percentages of stretch applied to the tape and the concept of activation or inhibition....

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- How to combine taping with functional movement for active treatment
- Advanced interventions that integrate the latest neuroscience research
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Meet Your Speaker



MITCH HAUSCHILDT, MA, ATC, CSCS, has over a decade of experience as an athletic trainer and certified strength and conditioning specialist. Mr. Hauschildt obtained both his bachelor's and Master's degrees from the University of South Dakota. He serves as the prevention, rehab, and physical performance coordinator at Missouri State University, and has also served as the strength and conditioning coach for both men's and women's basketball and volleyball. Mr. Hauschildt is founder and president of Maximum Training Solutions, LLC, and has worked with thousands of athletes throughout his career, including clients who have won World Series rings, played in the NFL, NBA, MLS, and competed in the Olympics. He is a noted speaker on both a regional and national level, and has been published multiple times in professional journals and coaching websites.

Speaker Disclosure:

Financial: Mitchell Hauschildt is the founder of Maximum Training Solutions, LLC, and has an employment relationship with Missouri State University. He receives a speaking fee from Rocktape USA, TRX, PESI, Inc., and Master Dry Needling, and he is an educator with Fitness Anywhere, Inc. He is a published author and receives royalties.

Non-financial: Mitchell Hauschildt is an advisory board member for Evergreen Certifications. He is a member of the National Athletic Trainer's Association.

Target Audience:

Physical Therapists • Physical Therapist Assistants • Athletic Trainers • Chiropractors
Strength and Conditioning Coaches • Personal Trainers • Massage Therapists

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