

Intro to Kinesio Taping

Saturday and Sunday
June 11 and 12, 2011
Saturday- 8 am - 5 pm
Sunday- 8 - 12 pm

Please remember we need to order supplies for this course so do not delay your registration.
Don't wait... register today!!!!

**REGISTRATION FORM-Please Print Form and fax, mail or email back by June 3rd
June 11 and 12, 2011**

Name: _____

Address: _____

City, State, Zip: _____

Employer (with address) _____

Telephone: _____

Email _____

Please Check: _____ \$ 250 includes lab fee and supplies
For FLTN members _____\$225 includes lab fee and supplies if received by June 3rd
(FLTN=Florida Lymphedema Therapists Network)
Checks non-refundable after June 3rd

Credit Cards: _____ Visa or _____ MasterCard Card Expiration Date: _____

Name on Card: _____ Card # _____

Please PRINT this page to:

FAX to: 954-455-2324

SCAN and EMAIL to: suzi@lymphatictouch.com

MAIL form and check payable to:

Healing Hands Seminars

*110 North Federal Hwy Suite 204
Hallandale Beach, FL 33009*

LYMPHEDEMA WHOLE BODY T.E.S.T.

Presented by Ruth Coopee OTR/CHT, CMT
Certified Dr. Vodder MLD & CDT Therapist

Length of course: This is a 1 ½ day, 10.5-hour course of instruction.

Participants:

Mandatory prerequisite: This course is designed for LANA Certified Lymphedema Therapist and for **Trained Lymphedema Therapists with a minimum 80 hours of recognized training** in the anatomy, physiology and function of the lymphatic system. A strong knowledge of precautions and treatment techniques including manual lymph massage, exercise, bandaging and compressive therapy is essential. Maximum of 35 participants is recommended without a lab assistant. If needed the instructor has information on acquiring a qualified lab assistant for this course.

Preparation for Attendees:

- 1) It is **strongly recommended** that participants review functional muscular anatomy as well as Postural Kinesiology prior to attending. A strong knowledge base of lymphatic functions, pathways, watersheds and lymphatic territories as well as location of lymph nodes is recommended. Books/flashcards can be used during class to assist.
- 2) Clothing appropriate to maximally expose the trunk (tube top or similar is best) and extremities.
- 3) A **MEDIUM** size pair of sharp scissors to cut Tape, a small mat and pillow will increase comfort when taping on the floor if treatment tables are not available.

Course Information: Handout materials will be provided two weeks in advance to the class date unless otherwise agreed upon. The sponsoring facility/organization will be responsible for duplication.

Overview: A one and half day lab experience in the application and uses of Elastic Sports Taping to assist in treatment of Lymphedema and Venous Insufficiency. Focus on the use of Elastic Taping for improving lymphatic flow by skin mobilization to redirect flow, reducing muscle spasm and improve structural alignment to enhance lymphatic drainage and LE circulation will be presented. Basic theory and proper application techniques will be instructed to maximize its effectiveness for treatment of scar, lymphatic dysfunction and Venous Insufficiency. Case presentations for post mastectomy, cephalic, and venous insufficiency in LE will also be presented as time allows. Limited enrollment.

COURSE OBJECTIVES

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

Basic T.E.S.T© Skills

- Explain the Basic Concepts of Elastic Sports Taping
- Differentiate between a variety of Elastic Tapes and traditional athletic tapes.
- Practice and refine application skills as practiced in guided lab sessions
- Identify various tape cutting techniques and their clinical applications.
- Review a variety of pathological and post-operative uses for Elastic Sports Taping.

Special Applications of TEST©

- Discuss the concepts of Elastic Sports Taping they relate to Lymphedema reduction/control.
- Outline various strategies for effective application of Elastic Sports Taping in Lymphedema.
- Review and discuss precautions and contraindications of Elastic Sports Taping.
- Practice application techniques of Elastic Sports Taping for treatment of Lymphedema and Venous insufficiency.
- Recommend the use of Elastic Sports Taping for noncompliant garment wear patients
- Recognize Elastic Sports Taping as an effective adjunct in the treatment of Lymphedema and Venous insufficiency.

LYMPHEDEMA WHOLE BODY T.E.S.T

Ruth Coopee OTR/CHT, CMT, CLT

Day 1: Head/Neck, UE and Scar

Day 2: Venous Insufficiency and LE

Day 1

- 8:00 Introduction to Elastic Sports Taping (T.E.S.T) Concepts**
- 10:30 Break (change into appropriate clothing)**
- 10:45 Lymphedema Taping using “Fan Cut”**
 - Cephalic Edema**
 - Post Mastectomy**
 - Lower Extremity (review)**
- 12:00 Lunch**
- 1:00 Opening the Drain**
- 1:30 Head and Neck Lymphedema**
 - Cervical Alignment**
 - Facial Edema/Sinusitis**
- 3:00 Break**
- 3:15 Upper Quadrant Taping**
 - Hand Edema**
- 4:00 “Improving the Breathe”**
- 4:15 Scar Modification**
- 4:30 Precautions/Limitations & Benefits**
 - Problem Solving**
 - Patient Cases/Questions & Answers**
- 5:00 Adjourn**

Day 2

- 8:00 Q&A Review**
 - Lower Extremity Pump Taping**
- 10:00 Break**
- 10:15 Distal Leg/Foot Edema**
- 11:00 “Drawing to the Core”**
- 11:30 Problem Solving & Questions**
- 12:00 Adjourn**

Ruth Coopee OTR/CHT, Certified Dr. Vodder MLD/CDT, CMT

ABOUT THE SPEAKER

Ruth Coopee received her Master’s degree in Occupational Therapy from Texas Woman’s University in 1983. Since graduation she has worked in a variety of settings and brings with her experiences from across the lifespan; children in the school system to long-term care geriatrics, acute orthopedics and subacute rehab, in settings from pediatric school system, acute/trauma hospital, outpatient rehab center to HMO clinic. She has developed a number of Hand Therapy

Programs and has served as consultant in hand and shoulder rehab to Occupational and Physical Therapists. Her special interest is in the biomechanics of posture, incorporating “indirect” myofascial release, Strain/Counterstrain, Feldenkrais, Craniosacral and Zero Balancing techniques in treatment. Her focus on fascia and the “whole body approach” led to Certification in Dr. Vodder’s MLD/CDT in 1997. Ruth has been using Kinesio Taping since its arrival to the United States in 1994 for upper and lower extremity orthopedic applications, scar modification, Lymphedema, overuse and postural reeducation. She is involved in ongoing research on the effectiveness of Kinesio Taping in the treatment of Lymphedema. In 1998 articles regarding her research have been featured in OT and PT Advance. In December of 1999 she was invited to Japan to present her work on the use of Kinesio Taping for Cephalic, Post Mastectomy and Vascular Insufficiency at the First International Kinesio Taping Symposium in Tokyo. She was awarded “Instructor of the Year” at the first Kinesio Taping Symposium held in the USA in October of 2004 for her work with Lymphedema.

Ruth has lectured nationally and internationally addressing various topics in Upper Extremity Rehabilitation, splinting and taping, and has served on the faculty at Greenfield Community College and Worcester State College. Currently she works at Largo Medical Center in Largo, FL.

She has authored a new chapter “Kinesio Taping”, in the 5th and 6th edition of **Rehabilitation of the Hand and Upper Extremity** by Hunter and Callahan, published by Mosby, and “Taping Techniques” in **Splinting the Hand and Upper Extremity-Principles and Process** by Austin and Jacobs, published by Lippincott, Williams and Wilkins that includes Athletic, McConnell and Kinesio Taping techniques.