

Kinesiology Taping Course

This RockTape course will provide a basic understanding of the principles of Kinesiology Taping, which has been successfully used in clinical practice for over 50 years. RockTape courses showcase the simplicity of kinesiology tape application and how you can immediately incorporate these techniques into your clinical practice. Find out why RockTape courses are Australia's most popular!

ROCKTAPE CAN BE A SIMPLE WAY TO ASSIST YOUR CLIENTS TO MOVE BETTER

The goals of applying Kinesiology Tape are:

- Reducing pain
- Reducing swelling
- Improving range of movement
- Cueing body position
- Influencing muscle activity

COURSE OUTLINE

- Theory of kinesiology taping
- Regional taping (joints and muscles)
- Oedema taping
- Scar taping
- Pregnancy taping
- Posture taping
- Fascial chain taping



Session Details

Where: Mackillop Senior College - Lochinvar Place, Port Macquarie

Date: Sunday, November 16

Time: Registration at 8:45 am, course commences at 9 am and concludes at 5 pm.

Cost: \$290 or \$145 for students. Early bird cost: \$240 or \$120 for students (ends October 16)

Link to register - <https://shop.rocktape.com.au/port-macquarie-rocktape-course-november-16/>