With Maram Klute & Ella Donnison

Introduction to Kinesiology Taping of the Hand & Wrist

Duration: 1 day
Format: Face to Face
Fee: £120+VAT



Maram Klute Occupational Therapist & **Ella Donnison** Hand Occupational Therapist, BSc Occupational Therapy / MSc Hand Therapy / Accredited Hand Therapist (BAHT)

Overview:

This one-day face to face course is aimed at qualified Occupational Therapists and Physiotherapists and comprises formal teaching on kinesiology taping techniques and concepts. The practical sessions will enable clinicians to practice the application of these techniques and concepts to the hand and wrist.

This course is not condition specific but will give clinicians new to or less experienced in kinesiology taping experience using different taping techniques and learn about the concepts behind these.

Visit our website to book or email customerservices@trainingmadeeasy.org

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Learning Outcomes

By the end of the course the clinician will:

- Know the theory and concepts surrounding Kinesiology Tape
- Know the indications and contraindications for the use of Kinesiology Tape
- Have practical experience in the application of Kinesiology Tape to the Hand and Wrist

The clinician will have been demonstrated and practiced techniques believed to

- Inhibit/facilitate muscle activity
- Reduce oedema
- Relief Pain
- Postural Control
- Aid scar management

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