

This course will cover commonly used taping techniques used frequently in orthopedic & sports outpatient settings. The various taping techniques presented can be used to augment joint stabilization techniques, to function as a postural reminder, to increase proprioceptive in-put, to help with pain control and to help with repositioning faulty joint tracking. Participants will have ample time to apply and practice each technique as well as a solid understanding of when and how to incorporate them into their daily practice. Participants will also gain a better understanding as to how taping techniques can be used as an adjunct to enhance treatment outcomes.

Vital Techniques for:

Shoulders

- Painful shoulder
- Post-surgical shoulder
- Shoulder instability
- Shoulder with postural faults

Knees

- Patella Femoral Syndrome
- General knee Instability

Ankles

- Ankle sprain/instability
- Plantar fasciitis
- Trial arch support for suspected orthotic need

Spine

- Upper back postural faults
- Lower back postural faults

LOCATION

**1500 Owens St, suite 400
San Francisco, CA 94158
The UCSF Faculty
Physical Therapy Practice**

Parking is just \$2.50 in attached lot

**1500 Owens St, Suite 400
San Francisco, CA 94158
Attn: Chris DaPrato DPT**



**Taping Techniques for the
Orthopedic and Sports
Physical Therapist**

**A Manual Therapy Course
Sponsored by:**

**California Orthopedic Manual
Physical Therapy
Special Interest Group**

www.compsig.org



San Francisco

**May 17th & 18th 2014
1.2 CEUs APPROVED**





Course Objectives

At the end of this course participants will:

- Articulate the indications and contraindications for taping
- Cite the evidence for taping Incorporate current evidence related to taping to make management decisions for patients
- Demonstrate competence in application of selected taping techniques that can be immediately applied to orthopedic patients with musculoskeletal complaints of the upper extremity, lower extremity and the spine
- Identify where and when tape can be used as an adjunct treatment in an orthopedic setting in order to greatly enhance treatment effectiveness
- Be able to teach taping techniques that can be used by the patient to help with pain control and foster patient self-management
- Provide pain relieving taping techniques that will help with patient compliance of rehabilitation program

Instructor by:

Clare Lewis PT, PsyD, MS, MPH, FAAOMPT graduated from CSU Fresno with her bachelors in physical therapy. She went on to get her MSPT in manual physical therapy from University Alabama at Birmingham (UAB) while she concurrently completed requirements to become a full fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT). Clare also completed her masters in public health in health promotion/health education, also from UAB. After 13 years as a clinician, Clare went into Academia full time, and is now at California State University, Sacramento. Clare completed her doctorate degrees in clinical psychology and organization psychology while working towards tenure and has been teaching at CSUS for 17 years at her current position as full professor in the department of physical therapy., and continues to do part-time out-patient PT.

John Zieour, M.S., PT, is a licensed physical therapist with over 26 years of experience. He attended U.C. Davis for his undergraduate degree, where he participated in intercollegiate football. He received his B.A. in Physical Education in 1984, followed by his Master of Science in Physical Therapy in 1986 at Duke University. While attending Duke, John received training in the prevention and treatment of athletic injuries, and served as the director of student trainers. He has worked as a physical therapist in a variety of settings, but over the past 21 years he has owned and operated Rocklin Physical Therapy, Inc. John's continuing educational career has focused on the treatment and prevention of sport injuries. In addition to his passion for treating injured athletes, John also serves as a defensive back/receivers coach for a local high school football team.

Registration Form:

Pay by credit card or check

CREDIT CARD: go to www.COMPTSIG.org
CHECK: Make your check payable to "COMPTSIG"

Pricing:

COMPTSIG Members \$225

*APTA Members \$299

Non-APTA Members \$399

*To receive COMPTSIG member rate, add \$30 COMPTSIG membership fee to \$225 member rate (total \$255)

Fill in the information below and mail this form, a copy of your CA PT license, and a check payable to COMPTSIG to:

Attn: Todd Davenport
 University of the Pacific
 Department of Physical Therapy
 3601 Pacific Avenue
 Stockton, CA 95211

Name _____

Address _____

Work Phone _____

Home/Cell Phone _____

Email _____

Day 1 Saturday, May 17th 2014

- 8:00 Registration
- 8:30 UE taping techniques background
- 9:00 Shoulder taping techniques
- 10:00 Break
- 10:15 McConnell Shoulder taping for shoulder instability (5 techniques)
- 12:30 Lunch (OYO)
- 1:30 Tennis elbow; McConnell, Mulligan
- 2:30 Wrist cock-up – C.T.S., Thumb spica
- 3:30 Mulligan for the thumb MCP joint
- 4:30 Wrist stabilization for contact sports

Day 2 Sunday, May 18th 2014

- 8:30 Q and A; Knee taping concepts
- 9:00 Knee Patellar taping techniques: McConnell glide, tilts
- 10:00 Patellar instability, tendonitis
- 10:30 Acute ankle w/ felt compression, Louisiana basket weave w/ heel lock, Low pro plantar fasciitis/arch support
- 11:30 Spine taping techniques; finish



Act Now!

Space is limited.
 Instruction is basic to Intermediate. Student to Faculty ratio 15:1

Tuition: \$225 COMPTSIG Members,
 \$299 APTA Members
 \$399 Non-Members

Registration deadline:
 May 12, 2014

* \$25 cancellation fee. Cancel must be made in writing to:

DaPrato@ucsfmedctr.org

**Registration Deadline:
 May 12, 2014**

**Questions/Inquiries: Chris DaPrato
 415.353.7209 (daprato@ucsfmedctr.org)**

Sponsor reserves the right to cancel and return payments in the event of insufficient enrollment.