



טייפ רפואי-קינזיולוגי



רפואת ספורט • שיקום • כושר
קורסים וציוד לפיזיותרפיה

סילבוס

קורס קליני בסיסי + מתקדם בתרפיית Kinesiology Taping

basic, intermediate & advanced level



בהנחיית: יובל דויד - BPT, PG Dip Sport PT, CKTTI
3 ימים – שלושה ימי שני ברצף - 29.10.12, 22.10.12, 15.10.12 (08:30-17:00)
בביה"ס לפיזיותרפיה אסף הרופא

לפרטים נוספים:

יובל דויד: 054-4756354 ; 03-6760402 ; sportinj@netvision.net.il

ובאתר www.activix.co.il

AGENDA – FUNDAMENTALS

8:00	Registration
8:30	Introduction of class
8:45	Introduction of Instructors
9:00	Introduction of Kinesiology tape: history, theory
9:15	Concepts of Kinesiology tape
9:30	Qualities of Kinesiology tape that make it different from others
10:00	Benefits of Kinesiology Tape
10:30	Variety of purposes & uses
10:45	BREAK
11:00	Differences between Kinesiology Tape & other kinds of tape
11:30	Introduction to taping accessories
12:00	Handling Skills Laboratory: Edema
12:45	Common Problems, also Q & A
1:00	LUNCH
2:00	Deltoid
2:20	Scapula- Lower Trap
2:40	Quadriceps Tech 1 (Y) or 2 "I" strips

אקטיביקס * טל: 072-2501440, נייד: 054-6620286 (מרק) * פקס: 072-2447332, www.activix.co.il * info@activix.co.il



מערכות אימון מתקדמות



מכשיר שיקום מתקדם



ציוד רפואת ספורט



טייפ רפואי-קינזיולוגי



ציוד לשיקום אקטיבי



מכשירי כושר

	(vastus intermedius)
3:00	Quadriceps Tech 2 & 3
	(rectus femoris)
3:20	Adductors / Pes (gracillis, Sartorius,
3:40	Tensor Fascia Latae/ITB
4:00	BREAK
4:15	Lumbar spine – technique 1, sacro- spinalis, quadrates lumborum, iliocostalis
4:35	Lumbar spine – technique 2 – disc
4:55	Anterior Tibialis
	Ext. Dig. Longus
	Posterior Tibialis
5:15	Research
5:35	Q & A
5:45	Summary / Conclusions

AGENDA – INTERMEDIATE

8:00	Registration
8:30	Welcome Q & A
8:45	Review with demo & practice
9:00	Deloading Uni-directional
9:15	Deloading Fascial oscillation
9:30	Deloading Multi-directional
	(creates space under tape)
10:00	Deloading Soft tissue: ligs, tendon
10:30	Functional Patterning techniques
10:45	BREAK
11:00	Lymph Drainage techniques
11:30	Lymph technique: Lab practice
12:00	Biceps Brachii
12:45	Triceps Brachii

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1:00	LUNCH
2:00	Flexor Carpi Ulnaris
	Flexor Carpi Radialis
	Deloading Fascial oscillation
2:20	Extensor Carpi Radialis longus,
	ECRB, supinator,
	Extensor Digitorum
	Deloading Fascial oscillation
2:40	Flexor Carpi Radialis,
	Flexor Carpi Ulnaris
	Flexor Digitorum Superficialis
3:00	Abd Poll Longus, Ext. Poll Brevis
3:10	Wrist limitation
3:20	BREAK
3:35	Biceps Femoris
	Quadriceps Femoris
3:55	Knee Ligaments, Med. & Lat
	Knee soft tissue & Fascial Deloading
4:15	Peroneus Brevis & Longus
	Lymph Technique
4:35	Soleus, Plantaris
	Gastrocnemius
	Achilles Tendon Deloading
4:55	Flexor Hall Longus
5:15	Research
5:35	Q & A
5:45	Summary / Conclusions

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ADVANCED LEVEL

8:00	Introduction – instructors
8:30	Spine – Lumbar
8:45	sacro-iliac joint
9:00	lymph back
9:15	Spine - Thoracic
9:30	spinal process pain with mobilization
	RSD / CRPS
10:00	Spine - Cervical
10:30	whiplash
10:45	upper trap inhibition
11:00	BREAK
11:30	SCM
12:00	joint de-rotation
12:45	sore throat – lymph
	Obliques
1:00	BREAK

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2:00	Abdominal
	Diaphragm
2:20	Rib fractures
	Trochanteric Bursitis
	Piriformis
	Gluteal facilitation
2:40	Shoulder: AC joint de-loading
	Instability - Anterior
	Instability -multidirectional
3:00	Foot: Plantar fasciitis/ excessive pronation
3:10	Neural - Sciatica
3:20	BREAK
3:40	Kinesiology taping strategies
3:50	Combination techniques
	Neural – UE Radiculopathy
4:20	C-5 nerve pain - unloading
4:40	Questions and Summary

* כפוף לשינויים