



For More Information:

Phone: 1-800-210-5856

E-MAIL: info@glseminars.com

This course is also available as a Private Course for your staff. Please call 1-800-210-5856 or visit us on the web at www.glseminars.com for more details. Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given after the two week (14 calendar days) mark before a seminar. Great Lakes Seminars reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of cancellation Great Lakes Seminars will not be responsible for any charges incurred by the registrant due to cancellation of the course, other than the course cost.

2020 Course Schedule

- May 17, 2020: Detroit, MI
- August 16, 2020: Seattle, WA
- September 27, 2020: Baltimore, MD
- October 18, 2020: Newark, NJ Area
- November 15, 2020: Richmond, VA

Continuing Education

This course has been submitted for 16 continuing education hours. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course.

2768 Centennial Road
Toledo, OH 43617
800-210-5856
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**Athletic and
Therapeutic Lower
Quarter Taping**

2020



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Athletic and Therapeutic Lower Quarter Taping

Course Objectives

At the completion of this course:

- the participant will be able to correctly describe three different types of tape that can be applied to physical therapy patients and the specific benefits of each type.
- the participant will be able to correctly identify 8 structures in the body that the use of tape can assist to improve range of motion, decrease pain, or increase function.
- the participant will be able to correctly describe the neurophysiological mechanism behind the benefit of taping.
- given the results of a patient evaluation, the participant will be able to integrate the use of pre-stretched tape to a lower quarter structure to improve range of motion, as part of a patient treatment plan.
- given the results of a patient evaluation, the participant will be able to integrate the use of athletic tape to a lower quarter structure to decrease pain, as part of a patient treatment plan.
- given the results of a patient evaluation, the participant will be able to integrate the use of wet-pruf tape to a lower quarter structure to increase function, as part of a patient treatment plan.
- given the results of a patient evaluation, the participant will be able to integrate the use of Leukotape to a lower quarter body structure to improve range of motion, as part of a patient treatment plan.



Jason Hepworth, PT, DPT, CIMT

Jason holds a bachelor's degree in Health and Fitness in Preventative and Rehabilitative Programs from Central Michigan University. He also holds a doctorate in physical therapy from Grand Valley State University and is a Certified

Integrated Manual Therapist (CIMT) through Great Lakes Seminars. Jason's approach to therapy encompasses the use of joint and soft tissue mobilization, functional therapeutic exercise and patient education to return his patients to their highest functional level. Jason is always looking for opportunities to learn new things and improve himself as a clinician. Jason, his wife, and two children live in Southeast Michigan.

Course Description

This seminar will help all clinicians to learn new and diverse ways to apply different types of therapeutic tape to the low back, knee, ankle and foot. You will learn how to use these taping techniques to increase ROM, decrease pain, and improve function. Myofascial and neuromuscular reasoning for the benefits of taping will be discussed throughout.

The registrant will learn how to correctly and confidently apply pre-stretched tape, cover-roll, leukotape, athletic tape, and wet-pruf tape.

Course Outline

7:30am	Continental Breakfast
8:00am	Lecture: Introduction, Overview of Relevant Anatomy and Mechanism of Effect – athletic tape, rigid and elastic therapeutic tape
8:45am	Lecture: Key Concepts, Basic Procedures for Application and Removal, Indications for Taping, Precautions / Contraindications
9:30am	Lecture: Review of Current Evidence-Based Literature, Debunking Taping Myths
10:00am	Lab: Lumbar Spine, Sacrum, & Hip – rigid vs. elastic therapeutic taping techniques to decrease pain, and improve ROM, stability, and function
11:30am	Case Study: Lumbar Spine/ Sacrum
12:00pm	Lunch (on your own)
1:00pm	Lab: Knee – rigid vs. elastic therapeutic taping techniques to decrease pain, and improve ROM, stability, and function
2:00pm	Lab: Foot & Ankle – athletic tape vs. rigid / elastic therapeutic taping techniques to decrease pain, and improve ROM, stability, and function
3:00pm	Lab: Taping Synergistic Movement Patterns for the Lower Quarter – elastic therapeutic taping techniques to improve functional movement patterns
4:30pm	Case Study: Foot & Ankle
5:00pm	Review of Evidence Base Literature
5:30pm	Adjourn

REGISTER TODAY!

Register online at www.glseminars.com, fill out the below form and fax to Great Lakes Seminars at 800-889-0358 or mail your registration and payment to: 2768 Centennial Road, Toledo, OH 43617.

Name	
Address	
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Discipline	Fax

Course Location: _____
Course Fee: \$285

☐ Check Payable to: Great Lakes Seminars

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Credit Card Number

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Expiration Date (Month/ Year)

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Security Code

Billing Zip Code

“ This was a fantastic course. I found looking at muscles that could be inhibited, that limits motion, to be most useful. ”

- Indianapolis, IN