



Rock Tape Education:

Kinesiology Taping Course

9th May 2025

£120

Kinesiology taping has become an essential tool for athletes, physical therapists, and healthcare professionals. The Rock Tape Education Kinesiology Taping Course offers comprehensive training to help individuals master the art and science of taping. This course is designed to enhance your understanding and skills, enabling you to apply taping techniques effectively for various conditions and sports.

Course Overview

The Rock Tape Kinesiology Taping Course is suitable for beginners and experienced practitioners alike. The curriculum is structured to provide both theoretical knowledge and practical application, ensuring participants gain confidence in using kinesiology tape.

Key Components of the Course

- **Understanding Kinesiology Taping:** Learn the history, principles, and benefits of kinesiology taping. Gain insight into how it can be used to support muscles, reduce pain, and improve performance.

- **Anatomy and Physiology:** Dive into the basics of human anatomy and physiology to understand how kinesiology tape interacts with the body. This includes learning about muscle groups, tendons, and ligaments.
- **Taping Techniques:** Master various taping techniques, including application for specific muscles and joints. Learn how to tailor your approach based on the injury or performance goals.
- **Hands-On Practice:** Engage in hands-on practice sessions where you'll apply tape to real-life scenarios. This practical component ensures you can confidently use the skills in your professional practice.
- **Condition-Specific Applications:** Explore how kinesiology taping can be used for specific conditions such as sprains, strains, and postural corrections.
- **Advanced Techniques:** For those looking to deepen their expertise, the course covers advanced taping methods and strategies for complex cases.

Benefits of the Course

- **Enhanced Skillset:** Gain a valuable skill that can be immediately applied in clinical or athletic settings.
- **Certification:** Upon completion, receive a certification that acknowledges your proficiency in kinesiology taping, adding value to your professional credentials.

Who Should Attend?

This course is ideal for:

- Physical therapists
- Athletic trainers
- Chiropractors
- Massage therapists
- Coaches
- Personal trainers
- Any healthcare professional interested in enhancing their therapeutic toolkit

Course Format

1 Day course

8th May 2025

- Symptom reduction taping - reduce pain, and improve mobility
- Oedema control taping - reduce swelling and pain, improve function
- Dynamic postural support taping - support joints and encourage proper functioning of muscles.

Online Modules

- This course also includes the online course with taping video and marketing materials.

Enrol via the Teambath online store:

[TeamBath online store](#)

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