



Sport Taping & Strapping Course

- Participants learn proper taping procedures, when to tape and when not to, taping versus bracing, as well as have the opportunity to practice twenty different taping techniques for all parts of the body.
- Cost: \$140.00 per participant
- Prerequisite: Athletic Injury Management Course – We require that you take this course prior to taking Sport Taping & Strapping as it provides you with the theoretical knowledge behind the Taping Techniques
- All supplies and workbooks will be supplied
- Included with the Sport Taping & Strapping Manual is a DVD of the Taping Techniques
- Upon completion of the course the participant will receive a Certificate of Achievement for Sport Taping & Strapping
- Included in the cost of the course each participant will receive a membership to the Sport Medicine Council of Alberta. This will allow them to purchase any sport medicine supplies with a 20% discount for the next year

T&S Table of Contents:

1. Introduction a. Anatomy & Injuries b. Joint Movements c. Taping Guidelines
2. Shoulder a. Shoulder Wrap
3. Elbow a. Elbow Hyperextension
4. Wrist a. Wrist Hyperextension b. Contact Wrist
5. Hand a. Peppard Technique b. Contact Thumb
6. Hip & Thigh a. Groin Wrap b. Thigh Wrap
7. Knee a. Knee Hyperextension
8. Ankle a. Ankle Tensoring b. Ankle Wrap c. Closed Basketweave i. With two alternatives (More Mobility vs. More Stability) d. Open Basketweave e. Achilles Tendon
9. Foot a. Arch Technique