

Athletic Taping & Strapping for preventing & managing injuries 1-day workshop



A great CPD for any Sports Massage therapist. Excellent skills to develop for event work.

This workshop will provide you with a workable introduction to athletic taping for use on managing and preventing sports injury.

Workshop will cover use of Zinc Oxide, EAB, Athletic and Kinesio taping.

It is ideally suited to qualified sports massage therapists or personal trainer who has a good knowledge of joints.

This is a great course for sports massage therapists who are working at events or with a team.

Lots of practical application with plenty of hands- on practice

Course Content

You will learn

- Role of Taping
- Practical taping of most joints, using range of taping techniques
- Immobilisation
- Support & protection
- Compression
- Pain relief
- Improving tissue function
- Contra indications
- Health, Safety and Hygiene

CPD certificate provided.

Once complete, learners will have option to register for VTCT Level 3 Taping and Strapping qualification, which will require learners to complete case studies and additional assessments.

Course Venue
19 Ceme Innovation Centre
Marsh Way
Rainham
Essex
RM13 8EU