

WHY CHOOSE KINESIO?

The Kinesio Taping® Method is a globally recognized elastic therapeutic taping method used worldwide. It has been widely used by top athletes during the Beijing and London Olympics as well as in hospitals, clinics, universities, high schools, and by professional sports teams.

It is latex-free and wearable for days at a time, Kinesio® Tex Tape is safe for populations ranging from pediatric to geriatric, and successfully treats a variety of conditions, for both support and prevention. The Kinesio Taping Method is designed to gently lift the layer of skin and attached tissue covering a muscle so that blood and other body fluids can move more freely in and around that muscle.

It is the only elastic therapeutic taping method and education system that has been in existence for over 30 years. While others may make claims, Kinesio® is the original and has led the way for well over a quarter of a century. **You can be confident that your training is in a time-tested method, trusted throughout the world.**

BENEFITS:

Both courses are taught by Certified Kinesio Taping® Instructors and Practitioners (CKTP). Only CKTPs can offer the full knowledge, expertise and physical benefits that Dr. Kenzo Kase and Kinesio Taping® can deliver.

If you are a weekend warrior, a runner, play any kind of sport or just plain interested, the Level 1 Basic Training workshop is for you!

Level 2 Advanced Training builds on the applications learned in Level 1 and introduces techniques for common sports injuries.

If you are a Health/Science and/or fitness professional you can take these classes, pass the exam and become certified as a Certified Kinesio Taping Technician™ (CKTT). **CKTT's can use this training to build their own professional practice.** Use your training to help you and others reach their fitness goals, play their sport, or recover from pain or strain.

These workshops are designed to introduce attendees to the fundamentals of the Kinesio Taping® Method and explain some of the most often used applications. **One or both of the courses can be taken for personal benefit.**

REGISTER TODAY CONQUER TOMORROW!

TO REGISTER:



Kinesio Holding Corp.
3901 Georgia St. NE, Bldg. F
Albuquerque, NM 87110
(505) 856-2029
www.kinesioproducts.com



Kinesio Taping Association International
3901 Georgia St. NE, Bldg. F Suite F2
Albuquerque, NM 87110
(888) 320-8273
www.kinesiotaping.com

KEEP YOUR ATHLETES MOVING WITH **KINESIO** SUPPORT

BECOME A CERTIFIED KINESIO TAPING TECHNICIAN™



"Skepticism was the first thing that entered my mind when I first saw people using Kinesio Tape on their bodies. I mean, what possibly could tape do for sore or strained muscles and joints? I have found relief, comfort, support and alleviation of pain. That's what enters my mind now before I use Kinesio Tape. I feel confident passing my knowledge to my clients, from novice to elite. Try it!" - Carol Rivera, NSCA-cpt



WORK.



LIFE.



PLAY.

LEVEL 1:

This course is open to **ANYONE** interested in learning Kinesio Taping Method and its applications. Included in the price of the workshop is:



1 workbook

6 Kinesio Pre-Cut applications

1 roll Kinesio® Tex Classic

Drawstring Bag

During this 2 hour course, your instructor will introduce up to **5** of the following Kinesio Pre-Cut applications:

- Low Back
- Neck
- Shoulder
- Knee
- Wrist
- Foot
- Ankle
- Outer / Inner Elbow

Upon completion of this course attendees will be able to discuss and apply the Kinesio Pre-Cut applications.

\$49*



*Prices may vary

LEVEL 2:

(Prerequisite, Level 1: Kinesio Basic Training course, qualification in health, science or fitness)

This course is for **PERSONAL TRAINERS, STRENGTH AND CONDITIONING COACHES** and other **CERTIFIED HEALTH OR FITNESS PROFESSIONALS**. Attendees will receive:



1 workbook

3 rolls Kinesio® Tex Classic

CKTT Exam

1 yr CKTT membership with the KTAI

The 4 hour Level 2 course focuses on **10** common applications:

- Achilles Tendonitis
- Shin Splints
- Hamstring Strain
- Hip Flexor
- Groin Strain
- IT Band
- Shoulder Support
- Calf Strain / Tear
- Swelling / Edema (Ankle Sprain)
- Shoulder Support - Posture

Those who complete this course will be eligible to take the CKTT exam. Upon passing exam, those will become a Certified Kinesio Taping Technician™.

\$109*

