



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Presentazione Kinesio Taping

2223-2-I0201D067

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#### Aims

basic concepts of the Kinesio Taping technique.

#### Contents

The course aims to provide participants with the basic concepts of the Kinesio Taping technique (elastic adhesive bandage with therapeutic, bio-mechanical effect). At the end of the course the student should know the theoretical basis of the technique of Kinesio taping, the main available tests and contraindications to treatment.

#### Detailed program

- Principles of the method
- Tape application concepts, basics
- Main tests

#### Prerequisites

2nd year student

**Teaching form**

Lessons in attendance and practice

**Textbook and teaching resource**

Handsout

**Semester**

annual

**Assessment method**

Attendance

**Office hours**

by appointment

**Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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