UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Presentation Kinesio Taping

2223-2-I0201D067

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 Kynesio 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