UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Presentation Kinesio Taping

2425-2-I0201D067

Aims

basic concepts of the Kinesio Taping technique and of the most important bandages

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

• Introduction: Functional bandage and draining neuromuscular tape:

• Indications

• Contraindications

• Mechanical and neurophysiological effects

• Application

• Materials

• Practical exercise of functional bandaging and neuromuscular taping in ankle sprains

• Practical exercise of functional bandaging and neuromuscular taping in Muscle injuries

• Practical exercise of functional bandaging and neuromuscular taping in shoulder and knee tendinopathies

Prerequisites

no

Teaching form

Frontal teaching 2h
interactive teaching - clinical practice activity 5h

Textbook and teaching resource

Handsout and slides

Semester

second semester

Assessment method

Group Project work

Office hours

by appointment
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Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY