

# 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 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

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

### Office hours

Group Project work

by appointment antonella.martinelli@unimib.it

# **Sustainable Development Goals**

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