

K-Taping[®] SPORT – next level course

professional kinesiology taping courses

K-Taping[®] Sport is a specialist course which builds on the knowledge gained through the K-Taping[®] Pro, with a specific focus on treatment concepts and applications for injury prevention, training, and rehabilitation related to competitive sport.


Instructed by a highly trained K-Taping[®] instructor, **this course is excellent for the sportmedicine professional supporting athletes at the competitive or recreational level.** The K-Taping[®] Pro is not a pre-requisite for this course.

K-Taping[®] International academy is the biggest Professional taping school.


Courses: **13 - 14. October 2018** (2 days) **Vilnius**

Start: 13.10. at. 10:00 (registration from 9.30) - 17:00

14.10. from. 9:00 - 17:00

Venue:  **Ecotel Vilnius**
viesbutis · hotel
***, Slucko str. 8, Vilnius LT (free parking place)

Theory and practice: Basic principles of the K-Taping[®] therapy, taping techniques, their practical use, connectivity rules associated with specific therapeutic indications; contraindications, Cross-taping, etc. Collegial answers to your questions. See next page, please, for the course program.

Course leader:  certified senior trainer from Germany - Roger Ehrenreich!

Courses will be held in English.

The course fees for two days: - **199,00 EUR** (including VAT). Places are limited!

Special offer till October 02: 179,00 EUR

The course fee includes:



The full set for the launching: K-Tapes, Cross-tape, scissors (for use on the place), colored workbook English; at course day is a two coffee breaks;


International  certificate of K-Taping[®] SPORT course. **IKTP-SP**

Document confirmation for 16 training academic hours of this KTA International course.

During the courses you can purchase K-Tape[®] Taping materials for a discount.

 kinesiology tapes, whose quality appreciated and recognized by the leading specialists.

 high production quality is strictly controlled and is invariably high. Thanks to  provides reliable professional requirements and is used around the world. Patented materials.

Using  has developed an original method for various diagnoses as adjunctive therapy, training of professionals take the K-Taping[®] International Academy.

Wellcome K-Taping[®] training course and learn more about kinesiology tape 

e-mail: info@rehavita.eu (for registration&questions) www.rehavita.eu

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K-Taping[®] SPORT

Workbook summary

Muscle Techniques Upper Extremity

Basic principles of the muscle techniques

- Tapezius
- Deltoid
- Biceps brachii
- Triceps brachii
- Scalenus anterior/posterior
- Supraspinatus
- Infraspinatus
- Extensor carpi radialis longus

Muscle Techniques Trunk

- Pectoralis minor
- Pectoralis major
- Rectus abdominis
- Transversus abdominis
- Internal/External oblique muscle
- External oblique muscle
- Iliacus/ Iliopsoas
- Quadratus lumborum

Muscle Techniques Lower Extremity

- Adductor longus
- Rectus femoris
- Biceps femoris
- Semimembranosus
- Gluteus maximus
- Tibialis anterior
- Extensor hallucis longus

Indication Techniques Mechanical Correction Ligament

Techniques Muscle Techniques Theory

Muscle Techniques Special case

Autochthonous spinal muscles
(Erector spinae)

Ligament Techniques

- Basic principles
- Collateral ligaments of the knee
- Patella ligament
- Achilles tendon
- Spacetape pain point
- Spacetape trigger point
- Mechanical Correction
- Functional Correction
- Patella Correction
- Shoulder Correction
- Vertebra Correction

Principles and functionality

- Fascia correction
- General principles
- Fascia correction for iliotibial tract

- Epicondylitis
- Irritation of biceps tendon
- Irritation of pes anserinus
- Muscle fibre tear
- Frontal headache /Sinusitis
- Hallux valgus
- Anterior shoulder instability
- Specific Indication Techniques
- Tinnitus
- Migraine
- Impingementsyndrome
- Thoracic outlet Syndrome
- Whiplash
- Problems breathing
- Scoliosis
- Low back pain
- Temporomandibular joint
- Carpal tunnel syndrome
- Finger contusion
- Wrist stabilisation
- Hit problems
- Knee arthritis
- Achillodynia
- Ankle distorsion
- Splayfoot and pes planus
- Urinary dysfunction
- Menstrual conditions
- Prolaps of the uterus
- Scar tape
- Nerve techniques
- Medial nerve
- Radial nerve
- Ulnar nerve
- Sciatic nerve
- Cross-Taping
- General principles
- Lymphatic Correction Techniques
- Basic principles
- Drainage of the forearm
- Drainage of the knee joint
- Drainage of the thigh
- Drainage of the face
- Fibrosis/Haematoma

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