This course is a practical training course designed to demonstrate how elastic therapeutic taping can be used as sole treatment modality or together with and complementing other therapeutic interventions.

**Course Goals:** Aim is to familiarize the participants with Elastic Therapeutic (Kinesio/Kinesiology) Taping. Current literature, the existing and new hypotheses are presented and critically appraised. At the end of the course participants will have knowledge of the background, the applications and the evidence. They will be proficient in creating and applying specific tape applications. The possibilities and impossibilities of using tape on young children and the elderly patient are discussed in detail.

Videos and photos of various cases will be presented on both days.
# Program

**Elastic Therapeutic Taping in Head, Neck and Orofacial disorders ETT-HNO**

**Instructors**

Esther de Ru, PT, PPT, OMT  
CP = clinical practice

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<thead>
<tr>
<th>Time</th>
<th>Lesson</th>
<th>Contents</th>
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<tr>
<td><strong>Day 1</strong></td>
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<tr>
<td>08.45-09.00</td>
<td>CIC</td>
<td>Reception, registration, reader.</td>
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<tr>
<td>09.00-09.15</td>
<td>CIC</td>
<td>Introduction</td>
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<tr>
<td>09.15-10.30</td>
<td>CIC</td>
<td>Background and explanatory models/hypothesis Principles ETT/ tape applications, tape material &amp; tape techniques &amp; tape shapes, Differences use tape on adults/children/elderly patients Indications/contraindications The evidence so far</td>
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<tr>
<td>10.30-10.45</td>
<td>break</td>
<td>Coffee/tea</td>
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<tr>
<td>10.45-12.30</td>
<td>CP/CIC</td>
<td>videos: skin and bio-tensegrity &amp; Anatomy Trains background information on other skin related models Examples of all techniques and handling the tape Clinic: practice handling the tape on upper limb</td>
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<tr>
<td>12.30-13.15</td>
<td>break</td>
<td>Lunch</td>
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| 13.15-15.15  | CP/CIC | **Application 1 muscle technique**  
Trunk (cervical spine)  
Posture and thoracic & lumbar spine |
| 15.30-15.30  | break  | Coffee/tea                                                                                                                             |
| 15.30-17.00  | CP/CIC | **Application 2 ligament technique:**  
Hematoma application: using patch, web application  
Space technique = star application(evidence?)  
Taping scars: yes/no how hypertrophic scar/ keloid management |
| **Day 2**    |        |                                                                                                                                          |
| 09.00-10.30  | CIC/CP | Questions, short repetition of 2 techniques  
Lymph presentation  
**Application 3 lymph technique:**  
Trunk, cervical spine, face and neck |
| 10.30-10.45  | break  | Coffee/tea                                                                                                                             |
| 10.45-12.30  | CP/CIC | Pro’s and con’s taping babies, young children & the elderly patient  
Importance tape colour & midline (meridians)  
Diaphragm mini tape  
Tapes influencing respiratory muscles & trunk muscles  
**Application 4 correction technique & contra-tape** |
| 12.30-13.15  | break  | Lunch                                                                                                                                  |
| 13.15-15.30  | CP/CIC | **Specific tape applications:**  
Cross patch application (TMJ dysfunction, arthritis, scars)  
S-tape: (oro-motor control disorders) video  
T-tape: tongue  
Mini-OO tape  
Cutaneous nerve application pain  
Dermatome application pain, sensory problems  
**Punch Tape:** yes/no |
| 15.30-15.45  | break  | Coffee/tea                                                                                                                             |
| 15.45-16.45  | CP     | **Application 5 Skin Taping** Fukui (ITW)  
Presentation cases  
Applications concerning your own caseloads |
| 16.30-17.00  | CIC    | Course closure & evaluation.                                                                                                           |

**Topics:**

- TMJ arthritis/dysfunction, lymph oedema or pain after surgery or infection, dysphagia, masseter muscle spasm, masticatory muscles weakness, vocal weakness, facial pain, cleft lip, Bell’s Palsy, dysarthria, Muscle Tension Dysphonia, facial asymmetry stroke, teeth grinding, mouth-breathing, drooling, low tone tongue, stiffness and pain jaw (dental/orthodontic treatment), essential blepharospasm, hayfever, COPD, Thoracic Outlet Syndrome, head ptosis (head drop), cervical vertigo, weak head control, forward head posture, positioning trunk in CP.