

KINESIOLOGY TAPING FOR SPORTS PERFORMANCE

A one day workshop practical workshop

This intensive evidence-based course is suitable for physiotherapists, sports medicine practitioners, osteopaths, chiropractors and sports therapists. Students of these disciplines are also welcome to attend.

Tutor; Julia Headey MA(Oxon) MCSP SRP

Julia is a private physiotherapist specialising in elite sports performance. She is physiotherapist at London Irish Rugby Club and has spent 7 years working for the Rugby Football Union assisting in preparing players for international competition, including screening players prior to the 2007 Rugby World Cup. Julia has worked with British Olympic rowers, kayakers, hockey players and judoka. She lectures at undergraduate and masters level. Her focus of academic research is the epidemiology of sports injuries; her most recent publication appears in the American Journal of Sports Medicine

**Venue: Physiotherapy Department
 Mount Carmel Hospital
 Braemor Park
 Churchtown
 Dublin 14**

Date: SATURDAY 12th JUNE 2010

**Attached:
 Programme/ Application Form/Directions**

KINESIOLOGY TAPING FOR SPORTS PERFORMANCE

MOUNT CARMEL HOSPITAL, DUBLIN

SATURDAY 12TH JUNE 2010

PROGRAMME

Kinesiology taping is increasingly accepted as an effective strategy in the management of athletic performance. Flexible taping techniques can be applied to assist the treatment and prevention of sports injuries, as adjuncts to rehabilitation and tools to improve sports performance through improved flexibility and motor patterning.

During the course, the instructor will introduce the fundamental principles of flexible kinesiology taping and explore its application in sports injury management and athletic performance. This is a highly practical course with an emphasis on problem-based learning; delegates will learn through doing.

Upon completion of the course, delegates will be able to;

1. demonstrate basic techniques to treat weak, overused or painful muscles
2. demonstrate basic techniques to treat swelling
3. demonstrate basic techniques to assist optimal joint mechanics
4. discuss kinesiology taping treatment options for a variety of sports injuries;
5. demonstrate correct application of these taping techniques;
6. present plans for progression of treatment;
7. discuss and demonstrate the use of particular taping strategies to assist sports performance;
8. understand how flexible taping can be integrated with athletic taping to optimally assist the athlete.

8.45am	Registration
9.00am	Commencement of course
10.30am	Coffee
10.50am	Continue course
1.00 pm	Lunch
1.15pm	Practical
4:00pm	Finish

DIRECTIONS TO HOSPITAL

Dublin (M50) to Mount Carmel Hospital

- Tallaght exit. When leaving the M50 on the Tallaght exit continue down to the SpaWell roundabout. Go straight on.
- At the second set of lights: Turn Right.
- Continue on over Templeogue Bridge and take the next left.
- Continue on again passing Rathfarnham shopping centre on left hand side.
- Take the next left and then turn right onto Dodder Park Road.
- Continue on, and at the third set of lights turn left onto Braemor Park pass through a bend in the road and hospital is on the left hand side with a blue sign outside.

Dublin By Bus to Mount Carmel Hospital

- The number 14 Bus services Mount Carmel Hospital and will drop you right outside the Hospital Gates.
- Journey times and frequency of buses will depend on the particular time of day you are traveling to the Hospital. A typical journey from Dublin City Centre will last approximately 30mins. At peak times you should be waiting no longer than 15minutes, with off peak intervals lasting approximately 30minutes.
- The 14 bus route begins at Parnell Square East in the City Centre. Stops include Dâ€™Olier Street and Nassau Street. Your journey takes you through Rathmines Village, past the Church in Rathgar Village where a sharp left will bring you down Orwell Road into the Dodder Valley. On ascent out of the Dodder Valley your bus will take an extreme right. This stop will leave you directly opposite Mount Carmel Hospital Gates. Alternatively you can ask your bus driver to let you know when he has arrived at Mount Carmel Hospital.

Cork to Mount Carmel Hospital

- From Cork city, take 2nd exit at roundabout onto N8 signposted Dublin, Rosslare
- Follow N8, at Dunkettle Interchange roundabout. Continue forward on N8 bypass entering Rathcormac, Fermoy, Mitchelstown, New Inn. Follow N8/Dublin signposts passing through Ballymoreen, Littleton, Urlingford, Johnstown, Cullahill, Durrow, Abbeyleix
- Then take 4th exit off roundabout joining the M7 motorway signposted Dublin. M7 motorway ends to join onto N7 entering Dublin
- Take 3rd exit at Red Cow roundabout, then join M50 signposted M50 southbound
- Leave M50 at Junction 11 (signposted N81 City Centre, Tallaght) then take 1st exit at roundabout onto N81 signposted City Centre
- Take 2nd exit at Spawell roundabout onto Templeogue Road N81 signposted City Centre, Templeogue. Turn right at traffic lights, then left at next lights onto Butterfield Ave. R114 signposted Dun Laoghaire
- Turn right at traffic lights onto Rathfarnham Road
- Continue forward passing Rathfarnham Shopping Centre on your left hand side
- Take next turn left and then turn right onto Dodder Park Road
- Continue forward, turn left at 3rd set of traffic lights onto Braemor Park Road â€œMount Carmel Hospital is on your left hand side .

Kinesiology Taping for Sports Performance

Galway to Mount Carmel Hospital

- From Galway city, follow signposts for Dublin - N6.
- Continue forward entering Craughwell, staying on N6 for Dublin.
- Continue forward entering Kilreekil, Ballinasloe and Athlone.
- After Athlone bypass, take 2nd exit at roundabout N6 signposted Dublin
- Continue forward entering Moate, Horseleap, Kilbeggan, Tyrrellspass, Rochfordbridge and Milltownpass
- Take 2nd exit at roundabout signposted Dublin M4. Turn left and join the M4 motorway.
- Cross Toll Plaza and continue forward onto N4. Take 3rd exit at roundabout, then join M50 motorway (signposted M50 Southbound) entering Dublin

- Leave M50 at Junction 11 (signposted N81 City Centre, Tallaght) then take 1st exit at roundabout onto N81 signposted City Centre
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APPLICATION FORM

Name:

(Please print name as you wish it to be shown on your certificate)

Address for correspondence:

Contact Nos **Home :**
 Work :
 Mobile :

E-mail Address:

Place of work :

Grade :

Area of work :

Apply to : Irene Wellman, Welbeing CPD, North View
Church Road, Bulphan, RM14 3RU
Tel: **08453 70 22 70** or e-mail: enquiries@welbeing-cpd.co.uk

Fee : **€170.00**
Please make cheques payable to **Welbeing CPD Limited**
Places guaranteed on receipt of payment
Stage payments welcome on application
Credit/Debit Card Payments welcome – Online or Phone
www.welbeing-cpd.co.uk



Fee includes : Refreshments
Taping materials
Course notes
Signed certificates towards CPD

Cancellation Policy – In the event of an applicant cancelling, a refund will not be possible unless the course organiser is able to find a replacement. If a replacement is found, a charge of €60.00 will be made for administration costs.

16 maximum places only – to guarantee a place, please reply promptly
The tutor to student ratio will be 1:15