Kinesiotaping

KT1-2; Fundamental and Advanced Concepts (1.6 hours)
By Jimmy Welsh
December 12-13; 8:00am – 5:30pm
Introduction to kinesiotaping. Kinesiotape is designed to facilitate the body’s natural healing process while allowing support and stability to muscles and joints without restricting the body’s range of motion. KT1 covers 5 major physiological systems: skin, muscle, fascia, circulatory/lymphatic, joints. Focus is on application for overuse syndrome, stimulate weak muscles and decrease pain and swelling. KT2 covers six corrective techniques: mechanical, functional, space, fascia, ligament/tendon, and lymphatic with application to orthopedic and neurologic conditions.

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Jimmy Welsh is a physical therapist with a board certification in orthopedics. He specializes in various orthopedic conditions with emphasis on the integration of manual and medical exercise. He practices in Baton Rouge, Louisiana, in a sports and orthopedic setting. He travels offering continuing education through Kinesiotape.