
Learning Objectives

MedBridge Education
Dynamic Taping: Basics & Fundamentals
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Upon completion of this course, participants will be able to:

Chapter 1: Basics

- Recognize the significant difference in physical properties and methodology between Dynamic Taping, Kinesiology Taping and Rigid Sports taping and identify ways in which these can be used in combination to optimize your treatments.
- Identify indications and contra-indications to Dynamic Taping.
- Describe the nature and cause of any adverse skin reactions resulting from tape applications.
- Outline the correct application procedure.

Chapter 2: Fundamentals

- Explain the importance of load with regard to pathology and management of tendinopathy.
- Describe the scientific basis with regard to mechanical and physiological mechanisms.
- Develop Dynamic Taping techniques and integrate these into the overall treatment approach.
- Identify factors present with mechanosensitivity of the nervous system and describe how Dynamic Tape addresses these.