



THE MENTORS



KINESIOLOGY TAPING FOR SPEECH & LANGUAGE PATHOLOGISTS

OROMOTOR FUNCTION - DYSPHAGIA - VOICE THERAPY

1 DAY HANDS ON TRAINING

- ◆ Define Kinesiology Taping & its Underlying Principles
- ◆ Explain the physiological effects of KT on human body
- ◆ Integrate KT into existing therapeutic interventions for optimal outcomes
- ◆ Determine appropriate candidates for KT intervention based on their specific needs and conditions
- ◆ Develop and learn to apply individualised KT application

23 FEBRUARY 2025

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COURSE OVERVIEW:

This one-day workshop aims to equip Speech-Language Pathologists with the knowledge and practical skills to effectively utilize Kinesiology taping techniques in their practice. Participants will learn the fundamentals of Kinesiology taping, including muscle testing, taping techniques for various speech and language disorders, and application protocols for dysphagia, voice therapy, and oral motor exercises.



COURSE AGENDA:

MORNING SESSION:

- ◆ **8:00 AM - 8:30 AM: Registration and Introductions**
- ◆ **8:30 AM - 9:00 AM: Welcome, Course Objectives, and Safety Considerations**
 - * Overview of Kinesiology taping principles and benefits
 - * Contraindications and precautions for Kinesiology taping
 - * Hygiene and sanitation protocols
- ◆ **9:00 AM - 10:30 AM: Kinesiology Taping Fundamentals**
 - * Muscle testing techniques for assessing muscle weakness and imbalances
 - * Basic Kinesiology taping techniques: I, Y, X, and fan shapes
 - * Application of Kinesiology tape with proper tension and anchorage
- ◆ **10:30 AM - 10:45 AM: Break**



- ◆ **10:45 AM - 12:00 PM: Dysphagia and Kinesiology Taping**
 - * Physiology of swallowing and common dysphagia symptoms
 - * Kinesiology taping techniques for improving tongue strength and coordination, hyolaryngeal elevation, and airway protection
 - * Case studies and demonstration of taping applications for dysphagia

AFTERNOON SESSION:

- ◆ **12:00 PM - 1:00 PM: Lunch Break**
- ◆ **1:00 PM - 2:30 PM: Voice Therapy and Kinesiology Taping**
 - * Physiology of voice production and common voice disorders
 - * Kinesiology taping techniques for improving vocal fold adduction, reducing vocal fold tension, and supporting respiratory function
 - * Case studies and demonstration of taping applications for voice therapy



- ◆ **2:30 PM - 3:45 PM: Oral Motor Function and Kinesiology Taping**
 - * Anatomy and physiology of oral motor structures
 - * Kinesiology taping techniques for improving lip strength, tongue strength and coordination, and jaw stability
 - * Case studies and demonstration of taping applications for oral motor exercises

- ◆ **3:45 PM - 4:00 PM: Q&A and Wrap-up**
 - * Review of key learning points
 - * Discussion of clinical applications and integration of Kinesiology taping into SLP practice
 - * Handouts and resources for continued learning



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HANDS-ON PRACTICE:

Throughout the workshop, participants will engage in hands-on practice applying Kinesiology tape on each other. This will allow them to develop their taping skills and gain confidence in applying techniques learned in the course.



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INSTRUCTOR BIO

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Experienced Senior Physiotherapist with a proven track record in optimizing human movement potential. Seeking a dynamic role within a collaborative healthcare team in your esteemed Healthcare Facility. Skilled in Musculoskeletal Disorders, Manual therapy, Sports Rehabilitation, Orthopaedic conditions.

Passionate about improving patient outcomes, clinical mentorship, training and development of team members. Committed to delivering evidence-based care and fostering a positive patient experience.

Jun 1995 - Nov 2000 Bachelor of Physiotherapy, The T.N Dr. M.G.R Medical University, Chennai, India

Present Pursuing Certification in Sports Performance Specialist,

EXOS, USA Sep 2023 Certification in International Certification in Dry Needling , ISSA USA Nov 2018

Certified Selective Functional Movement Assessment Therapist , Functional Movement Systems, USA

Oct 2018 Certified Functional Movement Screen Therapist , Functional Movement Systems, USA

May 2015 Certified Sports Injury Specialist (SIS) , NESTA USA

Feb 2015 Mechanical Diagnosis and Therapy (MDT) Part – A,B,C, & D , McKenzie Institute International

Apr 2014 Certified Mulligan Practitioner (CMP), Mulligan's Concept Teacher's Association, New Zealand

Nov 2013 Certified Kinesio Taping Practitioner (CKTP), International Partners

Jun 2010 Certificate in Spinal Manual Therapy (CSMT) , Manual Concepts, Accredited by Curtin University, Australia