Course Title:  Taping 101

Target Audience: OT/OTA

Course Length: 7 hours

Course Author/Instructor: MacDonald, BA FCSP / Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced
The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:
At the conclusion of the course, participants will be able to:

- Become familiar with the basic principles of taping
- Describe basic principles of safe and effective taping
- Define key terminology used with taping
- Become familiar with various taping products
- Review current taping literature
- Describe the role of taping for pain relief
- Describe common foot types, mechanical problems and first-aid taping interventions
- Describe 5 techniques and conditions for taping of the foot, toe, knee, thoracic and lumbar spine, shoulder, elbow and hand including indications, function, positioning, materials, and clinical application
- Describe the use and application of figure eight bandages
- List contraindications to taping
- Become familiar with clinical tips that may you may apply to increase your effectiveness with taping
- Examine the process for evaluating the effectiveness of your taping techniques

Outline of Content:

**Hour #1**
Introduction
Taping Literature Update

**Hour #2**
Taping for Pain Relief
Foot Types, Mechanics and Therapy
Hour #3
Foot Taping Techniques
Ankle and Leg Taping Techniques

Hour #4
Lumbar Spine Taping Techniques
Thoracic Spine Taping Techniques

Hour #5
Shoulder Girdle Taping Techniques

Hour #6
Elbow, Wrist and Hand Taping Techniques’
Finger and Thumb Taping Techniques

Hour #7
Stretch Tape
Spicas and Triangular Bandages

Instructional Methods and Formats:
Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:
A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:
Category 1: Domain of OT
Category 2: Occupational Therapy Process
Category 3: Professional Issues

Additional Policies:
OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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