

BIOMECHANICAL TAPING WORKSHOP

Presented By

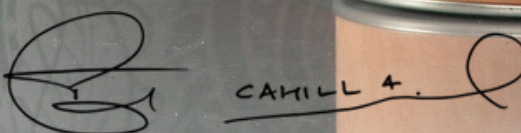


MANAGE LOAD. MANAGE MOVEMENT. MANAGE FUNCTION.

Dynamic Tape presents a graded approach offering various stretch, strength and recoil properties to meet your clinical objectives. Dynamic Tape is capable of creating 15kg or more of resistance to movement.

In comparison, the equivalent kinesiology tape generates less than 100g through range. When applied correctly, Dynamic Tape is able to resist and decelerate motion to absorb load or modify movement patterns with emerging research supporting this.

Dynamic Taping workshops are highly practical and clinically relevant courses that provide participants with a clear understanding of the major principles and equips them with a number of techniques that can be used immediately in clinical practice.

A handwritten signature in black ink, which appears to be "Tim Cahill".

Tim Cahill



COURSE OBJECTIVE

- Identify indications and contraindications to utilising Biomechanical Taping™ as an intervention.
- Apply fundamental understanding of biomechanics, joint orientation and structure, force vectors, and anatomy to develop mechanically sound taping techniques
- Develop a scientific basis for utilising Biomechanical Taping™ for evidence based clinical practice, in conjunction with current knowledge of orthopaedics, neuroscience, and biomechanics, to create a complementary treatment strategy to maximize opportunities for successful outcomes.
- Differentiate the various benefits of Biomechanical Taping™ as they pertain to Movement Control, Force Contribution, Length-Tension Relationship, Tendon Compliance, Augmenting Force Closure, Soft Tissue Offload
- Identify when Biomechanical Taping™ is indicated and who will benefit
- Recognise the significant difference in physical properties and methodology between Biomechanical Taping™, Kinesiology Taping and Rigid Sports Taping and identify ways in which these can be used in combination to optimise treatments
- Safely and effectively apply common Biomechanical Taping™ techniques including PowerBand® techniques
- Design complementary management strategies to improve impairments and functional limitations, including hands-on techniques, joint mobilizations, exercise, and restoring normal movement patterns to improve overall outcomes

COURSE OUTLINE

Biomechanical Taping can be challenging as both the handling skills and reasoning are different to other taping methodologies. Our course is designed to support and expand knowledge and clinical reasoning used by healthcare providers across many professions.

- Review Common Tapes / Application / Research
- Biomechanical Taping - A 3rd Category
- Mechanical vs. Neurophysiological Taping
- Treatment Approaches to Biomechanical Taping™
- Develop Biomechanical Taping™ Handling Skills

LAB BREAKOUTS

Biomechanical Taping™ classes are 80% hands on, meaning you are going to spend your time learning the handling skills and methods on which you will continue to build when you return to clinic. At the course you will learn a Biomechanical Taping™ methodology that will improve your ability to address impairments and functional limitations by modifying Force Generation Requirements, Force Generation Efficiency and Force Transfer Efficiency including:

- Altering Force Contribution
- Modifying Movement Patterns
- Reducing Tendon Compliance
- Creating a Soft Tissue Offload
- Augmenting Force Closure
- Improving Length-Tension Relationships

COMPLEMENTING CLINICAL SKILLS

Biomechanical Taping™ is designed to enhance a clinician's skills, not become an "all in one solution." Biomechanical Taping™ works complementary to many other manual and exercise related approaches including:

- Exercise based interventions
- Pain Science Education and CBT
- Instrument Assisted Soft Tissue Mobilization (IASTM)
- Dry Needling
- Joint Mobilization / Manipulations / Mulligan / Symptom Modification Procedures
- Neuromuscular Facilitation
- Post Orthotics / Splinting
- Gait Training

THERAPEUTIC APPLICATIONS

What kinds of conditions does Biomechanical Taping™ potentially benefit?

If a condition is caused or perpetuated by poor movement patterns, excessive load, or improper function, Biomechanical Taping™ might be a great option. *

- Plantar Fasciitis
- Hallux Valgus
- Patellofemoral Syndrome
- Osgood Schlatter's
- Rotator Cuff Tendonitis
- Post Surgical Knee
- Replacement
- Neck Pain / Headaches
- Lower Back Strain
- Thoracic Pain
- Carpal Tunnel
- IT Band Syndrome
- TFCC Stabilization
- Rib Control
- Achilles Tendonitis
- Hamstring Strain



WORKSHOP DETAILS



EVENT TITLE:

ACCREDITED BIOMECHANICAL TAPING PRACTITIONER WORKSHOP - PART A

DATE AND TIME: May 30, 2026 8:30am - 4:30pm

VENUE: Innovative Therapy Solutions

217 Henderson Hwy, Winnipeg, MB

COURSE FEE: Regular: \$375.00 | Student pricing: \$315.00

CONTINUING EDUCATION (CEU)

3 Credits (CATA)

As a CATA Approved Course Provider, CATA awards our courses double the CEUs per contact hour compared to non-approved course providers

**TO REGISTER PLEASE
EMAIL ALBERT AT:**

albert@innovativemedicalsupplies.ca

COURSE INSTRUCTOR



Carter Hildebrand

CAT(C), BSc (Athletic Therapy)

