

TAPING 101

A partnership between Kinesis Physical Therapy and the Alberta Sport Development Centre - North West

What you will learn:

- ◆ The basics of taping / strapping
- ◆ How to tape an ankle, knee, wrist, thumb and finger

Who should take this course:

- ◆ Anyone regardless of skill or experience
- ◆ Ideal for coaches, parents and volunteer trainers

To register:

- ◆ Call Kinesis Physical Therapy at 780-513-8313 or email physio@kinesispt.com
- ◆ Registration deadline is June 7, 2017. Cancellations must be made before this date to receive a full refund

Why take this course?

- ◆ *It's taught by Physical Therapists with a variety of on-field sports experience*
 - ◆ *You'll get lots of time to practice and the opportunity to get one on one assistance*
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Taping 101

- Saturday June 10 2017
- 9:00 am - 1:00 pm
- Kinesis Physical Therapy
#120, 8805 Resources Road
- Cost: \$75 includes the cost of tape/supplies