



FASCIAL MOVEMENT TAPING

Thanks for choosing RocktapeUK for your taping education, you've made a great choice!

Our Fascial Movement Taping syllabus has been developed by RocktapeUK's team of experienced and highly qualified Instructors. They have collaborated with the Rocktape worldwide team to bring you the very best, science and evidence based kinesiology taping education.

We believe that education should be fun, movement-centric and highly practical. We will teach you a framework of concepts that you can adapt to fit almost any clinical presentation.

Our course will thoroughly explain the theories that underlie our approach and teach the practical skills required for successful and effective kinesiology taping.

Just to get you started here are some answers to common questions course delegates often have:

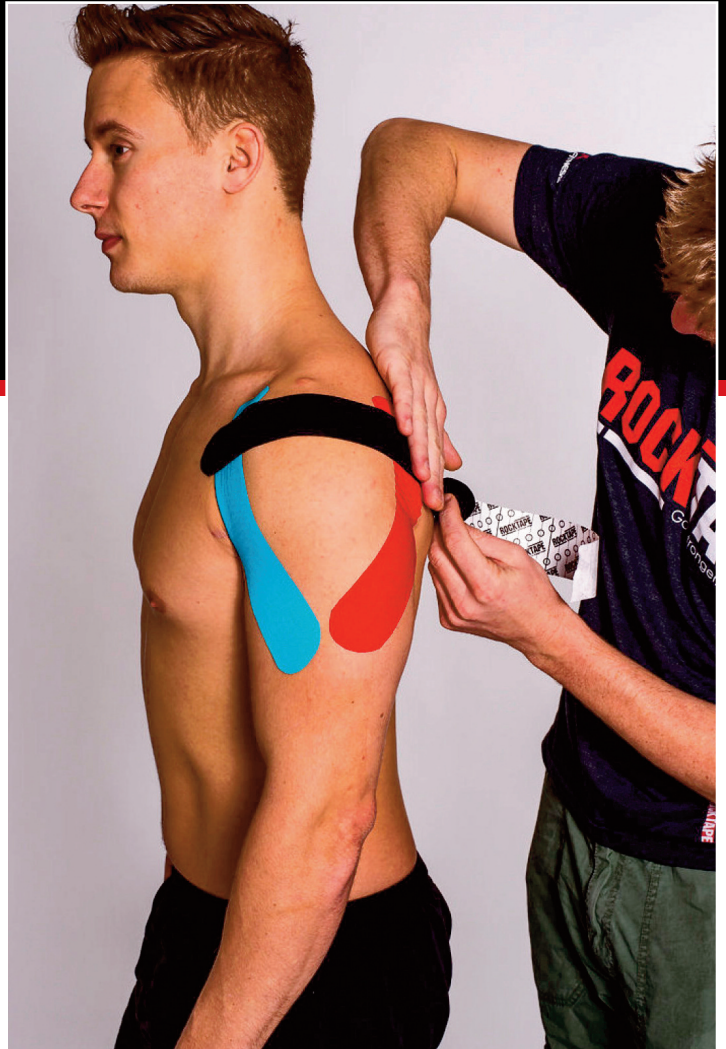
WHAT IS KINESIOLOGY TAPE?

Kinesiology tape is a generic non-branded term for any elastic, cotton based adhesive tape used to treat pain and dysfunction. Rocktape is a premium brand of kinesiology tape. It is made from the highest quality raw ingredients this results in a tape that is stretchier and stickier than any other tape on the market.

WHY SHOULD I USE ROCKTAPE?

You could use any brand of Kinesiology tape following your training with us, our education programme is not based on us selling Rocktape. But since we make the

ROCKTAPE[®]
Go stronger, longer

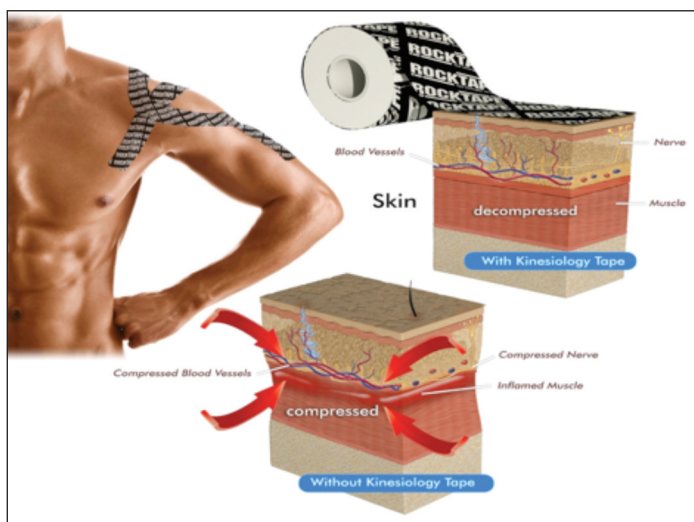


best kinesiology tape on the market we don't have to try hard to sell it. Why is Rocktape the best on the market? Rocktape features a tighter weave, greater elasticity and stronger adhesive than other kinesiology tapes. The tighter weave means the tape doesn't fray and degrade with extended wear. Extra elasticity, improves comfort and promotes "snap back," helping muscles contract and relax more efficiently. Rock Tape's unique stronger adhesive allows it to stay on longer, even under the toughest conditions. This makes it an ideal kinesiology tape for everyone from office workers to high performance athletes and those competing in extreme sports, we believe high quality treatment should include a high quality tape. Put simply Rocktape is kinesiology tape evolved.

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HOW DOES KINESIOLOGY TAPE WORK?

We will try answer this more fully during your course. But the short answer is no-one really knows 100%. It remains a difficult question to answer in a scientific and rigorous manner, as the exact mechanisms underpinning the profound clinical effects of tape remain under studied and therefore uncertain. Kinesiology tape is thought to cause decompression of the skin from underlying tissue.



We think it is likely that there are 3 main effects when this occurs:

■ **Neurological Effect:** A lot of pain generated by movement or muscle contraction is generated by nerve endings in the space between the skin and muscle. As tape decompresses this space there is less pressure on these nerve endings so is reduced or stopped completely at its source. Having elastic tape

stuck to your skin is also believed to stimulate receptors within the skin called Mechanoreceptors. These receptors play a part in our movement awareness, or what therapists call Proprioception. Many therapists believe that one of the main effects of applying ROCKTAPE is to improve our Proprioception, which can both decrease pain and improve the way we move.

■ **Mechanical Effect:** As pressure on the layers of tissue between skin and bone is reduced more normal slide and the glide mechanics between the layers of tissue are restored. It is likely that this is the mechanism that can make someone who can only bend forward as far as their knees, suddenly progress to touch their toes in an instant following a simple lumbar spine application! When Rocktape is applied with more stretch it can be used to support areas where tissue has been strained, torn, weakened or lengthened. By adding more elastic recoil to the taped area, functional stability and tissue 'snapback' are enhanced.

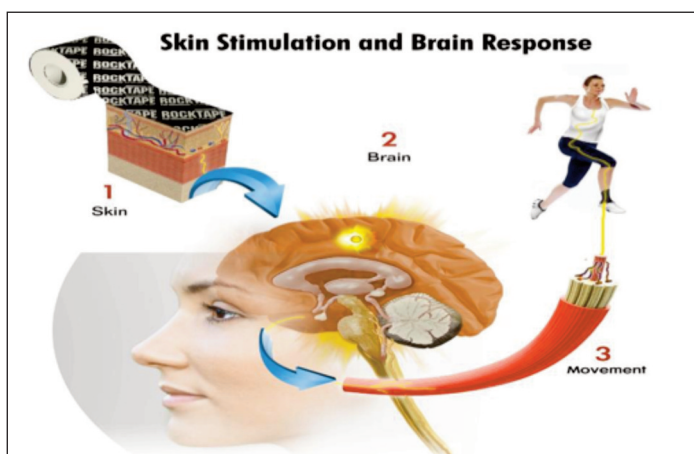
■ **Fluid Effect:** By causing decompression the tape promotes a more normal fluid dynamic in the taped area. Swelling is better able to flow out of the area, taking with it toxins which result from inflammation and injury. In addition blood may have less resistance to enter the area bringing with it more oxygen and nutrients vital for healing and recovery. This fluid effect is probably behind the dramatic improvement in swollen and bruised tissue that is often seen when Rocktape is applied.

HOW IS ROCKTAPE EDUCATION DIFFERENT?

■ Rocktape puts movement at the heart of everything we do. We see tape as a way to facilitate less painful, better organised movement.

■ We do not believe many of the 'old rules' about tape application. Concepts around origin to insertion, facilitation/inhibition tape are not backed by the research. Modern understanding of human movement and pain science make these concepts highly improbable.

■ We think education should be fun! Our courses are highly interactive and practical. We won't bore you with long theoretical lectures, make things more



complex than they need to be or limit the amount of tape you can use during your time with us.

■ Rocktape wants you to choose. All our courses are open access, you can choose how and when you take your education. If you only want to do FMT1 that's fine. You don't need to do FMT1 before taking FMT2 (although FMT2 does assume you have some kinesiology taping experience). The choice is yours.

WHAT DO I NEED TO KNOW BEFORE THE COURSE?

■ FMT1 assumes you have never used kinesiology tape before and will explain everything you need to know.

■ For those who would like to know a little more before their course we recommend the following:

■ Have a look around our website www.rocktape.net

■ Check out the blog posts by the founder of the Rocktape Education program:

<http://rocktapeology.blogspot.co.uk/>

■ Listen to a podcast

<https://itunes.apple.com/gb/podcast/the-physio-matters-podcast/id785762010> (session 12)

■ If you are unfamiliar with the 'Anatomy Trains' concept we would recommend reading this summary:

<http://coachkevincarr.files.wordpress.com/2010/10/anatomytrainsoverview.pdf>

APPLICATION PRACTICE



For those of you who have not used Kinesiology tape before, you might want to do some informal practice at

handling and applying Kinesiology tape. This is only a recommendation and far from a prerequisite, so do not panic if you join us having not done your 'homework'.

'X MARKS THE SPOT' APPLICATION

This is pretty much the simplest way to start taping up a sore bit, depending on where you intend to tape up you might need to enlist a volunteer to lend a hand.

1. Stretch the muscle/tissue in the area

you want to tape as much as pain allows

2. Cut a longish piece of tape (min

3x longer than your sore bit) Tear the backing paper close to one end and stick the end down with no stretch on the tape. Peel the backing paper away as you stick the tape in line with the tissue with just the amount of stretch that is already on the tape.

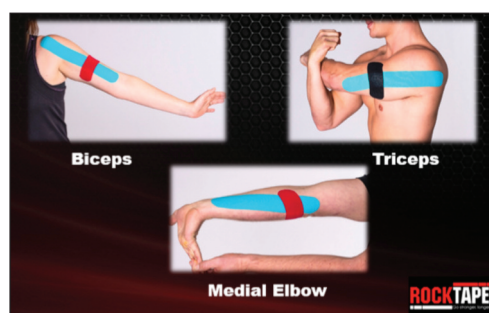
3. Take a second short piece of tape, tear the paper in the middle and peel it back so $\frac{1}{2}$ the tape is exposed, stretch it a little and lay it like a plaster right over the sore bit roughly perpendicular to the first bit.

4. Always lay the first and last 3-5cm of tape with no stretch at all.

5. Rub the tape all over before you start moving about to activate the glue.



There are also lots of great 'How to' Video clips on the RocktapeUK website.



You will have plenty of time to practice this and ask questions during the course, so don't worry if you end up in a sticky mess!!

(Tip: try to avoid touching the glue side of the tape). If you have any questions at all please contact seminars@rocktape.net.

We hope you have found this pre-reading informative and useful. We look forward to welcoming you onto our course and hope you enjoy the benefits of Kinesiology taping.

Thanks and Happy Taping.

The RocktapeUK Education Team