



Functional soft tissue protocols

A practical clinical application of soft tissue treatments using Functional Taping and Instrument Assisted Soft Tissue Manipulation (IASTM) in combination.

INDHOLD:

This course will include the principles behind IASTM and kinesiology taping. They will be taught with a great focus on practical application rather than theoretical detail. You will understand when, why and how to use each technique and with a huge emphasis on pre- and post-testing, you can expect immediate and obvious changes in pain, range of movement and strength in the patient in front of you. Whilst you will learn a whole range of specific techniques which you can apply to your patients on Monday morning, the course is structured around using these as examples of the underlying principles.

The 3 questions you will learn to ask of any therapeutic intervention are:

- 1. What is the functional deficit I am trying to correct?**
- 2. Which technique or application is likely to achieve that?**
- 3. How can I immediately check that I got the result I was looking for?**

You will leave with a clear idea of what each technique will achieve in terms of functional outcome and therefore be able to make your own personal treatment plans based on the knowledge gained on this course. This means you will not have to keep consulting an IASTM or Taping manual! This is the course for people who like to think their way around a clinical problem rather than using a cookbook approach. This seminar is very practical and will give you new tools that you can immediately add to your existing toolbox – regardless of how you practice.

MÅL:

Changing soft tissue function will significantly help your patients regain mobility, strength and control, especially when used alongside your joint manipulation skills. Using IASTM and taping will get you immediate results which are obvious to both you and your patient.

UNDERVISERE:

Donna Strachan

Donna Strachan has experience across several sports and teams including England Rugby, British Athletics, England FA, British Dressage and British Skiing. Donna worked at the London 2012 Olympics and the 2015 Baku European Games. Donna's areas of interest are Instrument Assisted Soft Tissue Manipulation (IASTM) and Taping Technique. She lectures internationally in IASTM, Taping, Manipulation and Exercise & Injury Prevention and works from her Merseyside based practices too, which house Physiotherapy, Chiropractic and in-house Strength and Conditioning.

Ulrik Sandstrøm

Ulrik Sandstrom is in his 11th season as 1st team chiropractor at Leicester Tigers Rugby Club and has worked with a large range of elite athletes including working at the London 2012 and Rio 2016 Olympics. He is in high demand as an international lecturer delivering keynote presentations as well as practical workshops. Apart from his many sports and lecture commitments he runs private practices in Sheffield and Mansfield.



Donna Strachan Ulrik Sandstrøm

FAKTA

SPROG	Engelsk
UNDERVISERE	Donna Strachan Ulrik Sandstrøm
KURSUSLEDER	Anette Ravn Nørregaard
FORM	Plenum, workshop og hands-on
ANTAL DELTAGERE	KUN 40 pladser
DATO OG TID	Fredag den 21. august 2020 kl. 16.00-19.30 Lørdag den 22. august 2020 kl. 9.00-17.00 Søndag den 23. august 2020 kl. 9.00-14.30
STED	Hotel Vejlefjord Sanatorievej 26 7140 Stouby
PRIS (pr. person)	Kursus DKK 5.500,- Kursusprisen er inkl. forplejning i løbet af dagen. Enkeltværelse fredag DKK 895,- Dobbeltværelse pr. pers. fredag DKK 598,- MidnatsSPA inkl. vitalbuffet og mousserende vin fredag DKK 685,- Enkeltværelse lørdag DKK 1.145,- Dobbeltværelse pr. pers. lørdag DKK 888,- Middag inkl. vin og kaffe lørdag DKK 685,-
TILMELDING	Senest fredag den 17. juli 2020
KOMPENSATION	Kurset udløser IKKE kompensation
REGISTRERING	Kurset registreres i kategorien: Behandling: 16 timer