



**EDUCATA**

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# Clinical Kinesiology Taping Fundamentals for Occupational Therapists

## Part II: Upper Extremity Clinical Muscle Taping Techniques Cindy Bailey PT, DPT, OCS, SCS, ATC

Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 42 slides and is 74 minutes in duration.

### I. Muscle technique

- A. Facilitation vs. inhibition
- B. Direction of application
- C. The rebound effect

Interactive Questions – slide 14 @ 12 minutes

### II. Upper extremity taping techniques

- A. Deltoid
- B. Scapula
- C. Biceps and triceps

Interactive Questions – slide 25 @ 37 minutes

- D. Wrist
  - 1. Lateral epicondylitis
  - 2. Extension
  - 3. Carpal tunnel syndrome
- E. Forearm

Interactive Questions – slide 31 @ 60 minutes

### III. Conclusion

- A. Skin safety
- B. Common errors
- C. Research on edema taping techniques
- D. Summary

Interactive Questions – slide 39 @ 70 minutes

Notes