



# Balance Taping

## Part A (2 days)

Change your taping methods & Get a better way~!

### Day 1

Time	Contents	Methods
9:00-9:30 AM	<b>Registration</b>	
9:30-10:30	<b>Introduction of Balance Taping</b> 1. The Concept of Balance Taping 2. Approach to Principles of Balance Taping 3. Advantages of Balance Taping 4. Differences from the Conventional Taping Method 1) Contact test 2) Movement test 5. Notes on Balance Taping 6. The Principle Underlying Professional Balance Taping	Power point slides
10:30-10:45	<b>Break Time</b>	
10:45-12:30	<b>Basic Balance Taping for Nonspecific Low Back Pain</b> 1. Balance Taping for Trunk Left Rotation Pain & Limitation 2. Additional Balance Taping for Trunk Left Rotation Pain & Limitation 3. Balance Taping for Trunk Right Rotation Pain & Limitation 4. Additional Balance Taping for Trunk Right Rotation Pain & Limitation 5. Balance Taping for Trunk Flexion Pain (more pain with trunk flexion than extension) 6. Balance Taping for Trunk Extension Pain (more pain with trunk extension than flexion)	Practical-oriented teaching
12:30-13:30	<b>Lunch</b>	
13:30-15:00 PM	<b>Professional Balance Taping for Nonspecific Low Back Pain</b> 1. Published Paper on Balance Taping for Acute Low Back Pain 2. Balance Taping for Acute Low Back Pain 3. Balance Taping for Trunk Flexion Pain (more pain with trunk flexion than extension) 4. Balance Taping for Trunk Extension Pain (more pain with trunk extension than flexion) 5. Balance Taping for Trunk Rotation Pain & Limitation	Practical-oriented teaching
15:00-15:15	<b>Break Time</b>	
15:15-17:00	<b>Professional Balance Taping for Pelvic Misalignment</b> 1. Published Papers on Anterior Pelvic Tilt Taping (APTT) 2. The Application of Anterior Pelvic Tilt Taping (APTT) 3. The Application of Modified APTT in side-lying position 4. The Application of Modified APTT in a Standing Posture 5. Published Papers on Posterior Pelvic Tilt Taping (PPTT) 6. The Application of Posterior Pelvic Tilt Taping (PPTT)	Practical-oriented teaching

## Day 2

Time	Content	Methods
9:00-10:30 AM	<b>Basic Balance Taping for Shoulder Pain</b> 1. <b>Balance Taping for Shoulder Pain</b> 2. <b>Additional Balance Taping for Shoulder Pain 1</b> (a case with pain relief on arm elevation with external rotation) 3. <b>Additional Balance Taping for Shoulder Pain 2</b> (a case with pain relief on arm elevation with internal rotation)	Practical-oriented teaching
10:30-10:45	<b>Break Time</b>	
10:45-12:30	<b>Professional Balance Taping for Shoulder Misalignment</b> 1. Published Paper on Scapular Elevation Taping (SET) 2. Balance Taping for Scapular Depression Syndrome 3. Additional Balance Taping for Scapular Depression Syndrome 4. Published Papers on Balance Taping for Rounded Shoulder Posture 5. Balance Taping for Rounded Shoulder Posture 6. Balance Taping for Severe Rounded Shoulder Posture	Practical-oriented teaching
12:30-13:30	<b>Lunch</b>	
13:30-15:00 PM	<b>Basic Balance Taping for Elbow Pain</b> 1. Balance Taping for Elbow Flexion Pain 2. Balance Taping for Elbow Extension Pain 3. Balance Taping for Severe Elbow Extension Pain <b>Professional Balance Taping for Elbow Pain</b> 1. Balance Taping for Severe Lateral Epicondylitis (tennis elbow) 2. Balance Taping for Moderate Lateral Epicondylitis (tennis elbow) 3. Balance Taping for Lateral Epicondylitis State of Recovery (tennis elbow)	Practical-oriented teaching
15:00-15:15	<b>Break Time</b>	
15:15-17:00	<b>Basic Balance Taping for Wrist Pain</b> 1. Balance Taping for Mild Wrist Pain 2. Balance Taping for Metacarpophalangeal Joint Flexion Pain <b>Professional Balance Taping for Wrist Pain</b> 1. <b>Movement Test for Professional Balance Taping of the Wrist</b> 2. <b>Balance Taping for Moderate Wrist Flexion Pain 1</b> (a case with pain relief on wrist flexion with forearm pronation) 3. <b>Balance Taping for Moderate Wrist Flexion Pain 2</b> (a case with pain relief on wrist flexion with forearm supination) 4. <b>Balance Taping for Moderate Wrist Extension Pain 1</b> (a case with pain relief on wrist extension with forearm pronation) 5. <b>Balance Taping for Moderate Wrist Extension Pain 2</b> (a case with pain relief wrist extension with forearm supination) <b>Basic Balance Taping for Finger Pain</b> 1. Balance Taping for Thumb Pain <b>Professional Balance Taping for Thumb Pain</b> 2. Balance Taping for de Quervain's Disease 3. Balance Taping for Thumb Metacarpophalangeal Joint Hyperextension injury	Practical-oriented teaching



<http://www.balancetaping.net>