



# Balance Taping

## Part B (2 days)

Change your way & Feel it~!

### Day 1

Time	Contents	Methods
9:00-9:30 AM	<b>Registration</b>	
9:30-10:30	<b>Basic Balance Taping for Neck Pain</b> 1. Published Paper on Balance Taping for Acute Neck Pain 2. Cervical-5 Cross Taping for Acute Neck Pain 3. Balance Taping for Subacute Neck Pain 4. Balance Taping for Neck Pain in Recovery 5. Balance Taping for Neck Extension Pain 6. Additional Balance Taping for Neck Extension Pain 7. Balance Taping for Neck Flexion Pain 8. Balance Taping for Neck Left Rotation Pain & Limitation 9. Balance Taping for Neck Right Rotation Pain & Limitation	Practical-oriented teaching
10:30-10:45	<b>Break Time</b>	
10:45-12:30	<b>Professional Balance Taping for Neck Pain</b> 1. <b>Balance Taping for Neck Flexion Pain</b> (more pain with trunk flexion than extension) 2. <b>Balance Taping for Neck Extension Pain</b> (more pain with trunk extension than flexion) 3. <b>Balance Taping for Neck Rotation Pain &amp; Limitation</b>	Practical-oriented teaching
12:30-13:30	<b>Lunch</b>	
13:30-15:00 PM	<b>Basic Balance Taping for Knee Pain</b> 1. General Balance Taping for Knee Pain 2. Balance Taping for Knee Flexion Pain 3. Balance Taping for Knee Extension Pain 4. Balance Taping for Knee Medial and Lateral Ligament Stability 5. Balance Taping for Patellar Stability	Practical-oriented teaching
15:00-15:15	<b>Break Time</b>	
15:15-17:00	<b>Professional Balance Taping for Knee Pain</b> 1. <b>Movement and Contact Tests for Professional Balance Taping of the Wrist</b> 2. <b>Balance Taping for Moderate Knee Flexion Pain 1: Muscular dysfunction</b> (more pain with knee flexion than extension) 3. <b>Balance Taping for Moderate Knee Flexion Pain 2: Joint dysfunction</b> (more pain with knee flexion than extension) 4. <b>Balance Taping for Moderate Knee Flexion Pain 3: Joint dysfunction</b> (more pain with knee flexion than extension) 5. <b>Balance Taping for Moderate Knee Flexion Pain 3: Joint dysfunction</b> (more pain with knee flexion than extension) 6. <b>Combined Balance Taping for Severe Knee Flexion Pain</b>	Practical-oriented teaching

## Day 2

Time	Content	Methods
9:00-10:30 AM	<p><b>Professional Balance Taping for Knee Pain</b></p> <p><b>7. Balance Taping for Moderate Knee Extension Pain 1: Muscular dysfunction</b> (more pain with knee extension than flexion)</p> <p><b>8. Balance Taping for Moderate Knee Extension Pain 2: Joint dysfunction</b> (more pain with knee extension than flexion)</p> <p><b>9. Balance Taping for Moderate Knee Extension Pain 3: Joint dysfunction</b> (more pain with knee extension than flexion)</p> <p><b>10. Balance Taping for Moderate Knee Extension Pain 4: Joint dysfunction</b> (more pain with knee extension than flexion)</p> <p><b>11. Combined Balance Taping for Severe Knee Extension Pain</b></p>	Practical-oriented teaching
10:30-10:45	<b>Break Time</b>	
10:45-12:30	<p><b>Balance Taping for Hip Pain</b></p> <p><b>1. Balance Taping for Mild Hip Pain 1</b> (a case with pain relief on hip joint movement with internal rotation)</p> <p><b>2. Balance Taping for Mild Hip Pain 2</b> (a case with pain relief on hip joint movement with external rotation)</p>	Practical-oriented teaching
12:30-13:30	<b>Lunch</b>	
13:30-15:00 PM	<p><b>Professional Balance Taping for Ankle Pain</b></p> <p>1. Balance Taping for Moderate Ankle Sprain (inversion sprain)</p> <p>2. Additional Balance Taping for Moderate Ankle Sprain (inversion sprain)</p> <p>3. Published Paper on Balance Taping for Ankle Inversion sprain</p> <p>4. Balance Taping for Moderate Ankle Sprain (eversion sprain)</p> <p>5. Published Paper on Balance Taping for Ankle Eversion sprain</p> <p>6. Additional Balance Taping for Moderate Ankle Sprain (eversion sprain)</p> <p><b>Professional Balance Taping for Ankle Instability</b></p> <p>1. Published Paper on Balance Taping for Chronic Ankle Instability</p> <p>2. Balance Taping for Chronic Ankle Instability</p>	Practical-oriented teaching
15:00-15:15	<b>Break Time</b>	
15:15-17:00	<p><b>Balance Taping for Lower Leg</b></p> <p>1. Published Paper on Balance Taping for Chronic Achilles Tendon Pain</p> <p>2. Balance Taping for Acute Achilles Tendon Pain</p> <p>3. Balance Taping for Mild Hallux Valgus</p> <p>4. Balance Taping for Imbalance Caused by Leg Pain</p> <p>5. Balance Taping for Mild Flat Foot</p>	Practical-oriented teaching



<http://www.balancetaping.net>