



Balance Taping

Cross Taping Part B (2 days)



Day 1

Time	Contents	Methods
9:00-9:30 AM	Registration	
9:30-11:00	Cross Taping for Total Balance 1. The Correlation of Shoulder Girdle 2. The Correlation of Inpraspinatus 3. The Correlation of Low Back Area 4. The Correlation of Buttock	Practical-oriented teaching
11:00-11:15	Break Time	
11:15-12:30	Cross Taping for Shoulder pain 1. Muscle Tension Correlation 2. Cross Taping for Shoulder Pain 3. Cross Taping for Deep Neck and Shoulder Pain	Practical-oriented teaching
12:30-13:30	Lunch	
13:30-15:00 PM	Cross Taping for Shoulder Pain 4. Cross Taping for Mild Traumatic shoulder pain 5. Cross Taping for Restriction of Shoulder Movement Caused by Strain of Scalene Muscles 6. Cross Taping of Levator Scapulae Muscle for Patient with Chronic Shoulder Pain	Practical-oriented teaching
15:00-15:15	Break Time	
15:15-17:00	Cross Taping for Elbow and Wrist Pain 1. Cross Taping for Elbow Pain 2. Correlation between Elbow Joint and Hand 3. Correlation between Elbow Joint and Knee 4. Cross Taping for Wrist Pain	Practical-oriented teaching

Day 2

Time	Contents	Methods
9:30-10:30	Cross Taping for Lower extremities 1. Cross Taping for Leg Pain 2. Cross Taping for Knee Pain 3. Cross Taping for Knee Pain with Moderate Swelling	Practical-oriented teaching
10:30-10:45	Break Time	
10:45-12:30	Cross Taping for Lower extremities 4. Cross Taping for Ischial Tuberosity Pain 5. Correlation between Knee Joint and Foot. 6. Cross Taping for Ankle Pain 7. Cross Taping for Leg Balance	Practical-oriented teaching
12:30-13:30	Lunch	
13:30-15:00 PM	Cross Taping for Body Balance 1. Coordination Method for Body Muscles 2. Cross Taping for Pain Caused by Stress	Practical-oriented teaching
15:00-15:15	Break Time	
15:15-17:00	Cross Taping for Body Balance 3. Cross Taping using Correlation between Back and Top of Foot 4. Cross Taping using Correlation between Neck and Back of Hand	Practical-oriented teaching

Difference in Technique leads to Different Results



<http://www.balancetaping.net>