

4<sup>th</sup> International Conference on

# **Sports Medicine and Fitness**

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## **Manual trigger point release and Kinesio taping in sport injuries**

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**K**inesio tape is a newly popularized modality that is used by therapists and physical trainers to treat athletes with sport injuries. The workshop will cover the clinical application of safe Kinesio taping in the treatment of joint sprains and instability, soft tissue inflammation, muscle pain and joint swelling. Manual trigger point therapy is a manual technique to treat trigger points. It uses strong manual pressure on specific points in the muscle belly. The workshop will cover major sport injuries and how to assess and treat with both techniques for faster recovery of athlete.

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