

2nd International Conference on

Sports Medicine and Fitness

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Use of kinesio taping in the athletic population

Workshop will comprise of theory followed by practical taping sessions. Theory include basics of kinesio taping application, including indication, contraindications, Tape tensions and their uses, selection of specific methods of application, physiological effects of kinesio taping, theory for the various corrective methods including fascial correction, taping for circulatory system, ligament/tendon corrections, scar tissue managements. Clinical conditions covered will include 3-4 acute conditions and 3-4 sub-acute to chronic conditions.

Biography

Sujata Khire has completed her Masters in Physiotherapy with specialization in Cardio pulmonary rehabilitation. She has been into clinical practice for more than 12 years, with major interests and exposure in the field of musculoskeletal and sports rehabilitation. She is certified Kinesiotaping Instructor from the Kinesiotaping Association International, USA. She is also a certified Dry Needling Instructor from The Dry Needling Institute, South Africa. She is currently on a private practice in Dubai.

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