

ABOUT THE COURSE INSTRUCTORS

Wendy S. Burke, PT, DPT, MS, OCS received her physical therapy degree from University of Wisconsin-Madison in 1984, and Advanced Masters Degree in 2000 from USC. She graduated in 2004 with her Advanced Post-professional Doctorate from the Department of Biokinesiology and Physical Therapy at USC with her research on shoulder dysfunction. She initially became Board Certified in Orthopaedics in 1993 and recertified in 2003.

In addition, to the year long Orthopaedic Fellowship Residency Program at Kaiser Permanente-Los Angeles (1993), Wendy completed several other year-long manual therapy programs. One by Joe Godges (1992) a second program by Dennis Dempsey and Wayne Diamond that is Maitland-based (1993), a year long fellowship program in Arthritis presented by Rancho Los Amigos (1986), and the PNF Program at Kaiser Permanente-Vallejo in 1991. She has assisted Richard Jackson with seminars on the pelvic girdle, lower kinetic chain biomechanics and its relationship to gait, as well as back evaluation for over a decade. In addition, has been guest lecturer at University of Southern California, Loma Linda University, University of Kentucky, and the Professional Baseball Trainers Association.

Wendy has a joint appointment at USC and is a faculty member of both the Department of Orthopaedic Surgery and the Department of Biokinesiology & Physical Therapy. After 10 years at USC as clinical supervisor for the Outpatient Rehabilitation at USC University Hospital she is now the project manager of clinical research in the department of Orthopaedic Surgery. Wendy has obtained the certification from the FDA for clinical research and works closely with the orthopaedic physicians as a team member of the Shoulder Clinic at the USC Department of Orthopaedics, as staff for the USC Center for Athletic Medicine and continues to see patients 3 days a week.

Wendy is a Member of the APTA, American Society of Shoulder and Elbow Therapists.

Cindy Bailey PT, DPT, ATC, EMT, OCS, SCS completed the Advanced Post Professional Clinical Doctorate of physical therapy program at USC. She has been an EMT since 1982, an ATC since 1983, and a physical therapist since 1985. Cindy's education also includes the Kaiser Permanente Orthopaedic Fellowship Residency Program in 1992. She has been faculty in this Residency program since 1993.

Other faculty appointments have included Pepperdine University Certified Athletic Training program, Mt. Saint Mary's Masters level PT program and is currently clinical faculty at the Mount St. Marys School of Physical Therapy. Cindy has 2 private practices; one owner and director of Physical Therapy at Orthopaedic Hospital and another sole practice. In addition, Cindy is the ATC for the USC ice hockey team, administrates an ATC high

school outreach program, and lectures on various athletic and orthopaedic topics including orthopaedic intervention in patients with hemophilia.

Cindy is a member of the APTA, NATA.

CEUs

California Education Connection is an AOTA Approved Provider of continuing education. This course is eligible for 15.25 (Saturday plus Track 1 on Sunday) or 14.75 (Saturday plus Track 2 on Sunday) CEUs from the AOTA. The AOTA does not endorse specific course content, products, or clinical procedures.



Sanford USD Medical Center (P-2211) is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

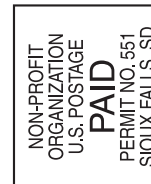
Sanford USD Medical Center designates this continuing education for 15.25 CEUs for Track 1 or 14.75 CEUs for Track 2 for Certified Athletic Trainers..



DR. GUY E. VAN DEMARK MEDICAL EDUCATION ENDOWMENT

The Sanford Foundation received a special gift through a bequest of Dr. Guy E. Van Demark Trust. This gift was used to establish an endowment fund honoring Dr. Guy E. Van Demark's leadership in developing orthopedics and physical therapy at Sanford USD Medical Center and for the State of South Dakota.

Dr. Van Demark established the orthopedic unit at Sioux Valley Hospital, now known as Sanford USD Medical Center, and was the State's first board certified orthopedic surgeon. He was also instrumental in the establishment of the Crippled Children's Hospital and School, now known as the Children's Care Hospital and School. Annual earnings from the Guy E. Van Demark Medical Endowment fund are used to provide educational seminars and scholarship programs for rehabilitation health professionals and students.



Sanford Medical Center
1305 W. 18th Street
PO Box 5039
Sioux Falls, SD 57117-5039



KINESIOLOGY TAPING

March 27-28, 2010

Held at

Sanford USD Medical Center
Schroeder Auditorium
1305 W. 18th Street, Sioux Falls, SD

Presented by

Cindy Bailey PT, DPT, ATC, EMT, OCS, SCS
Wendy S. Burke, PT, DPT, MS, OCS

Sponsored by

*The Dr. Guy E. Van Demark
Medical Education Endowment*



TARGET AUDIENCE

The course is specifically designed for Occupational Therapists, Certified Occupational Therapy Assistants, Physical Therapists, Physical Therapy Assistants and Athletic Trainers.

OBJECTIVES

- Understand how Kinesiology Tape differs from other types of tape
- Learn the qualities of Kinesiology Tape that makes it unique
- Review physiology as it relates to Kinesiology taping methods
- In a lab setting, learn application of Kinesiology Tape for swelling and pain relief
- Taping techniques for commonly affected body areas

SATURDAY AGENDA

Whole Body Kinesiology Taping – Fundamentals

Saturday, March 27, 2010

8 a.m.	Registration/Breakfast (Provided)
8:30 a.m.	Introduction of Class and Instructors
8:45 a.m.	History of Tape and Taping <ul style="list-style-type: none"> • Athletic • McConnell • Light Elastic Tapes
10 a.m.	Qualities of Light Elastic Tapes that make it different from rigid tapes
10:30 a.m.	Skin preparation for taping and tape removal
10:45 a.m.	BREAK
11 a.m.	Lymphatic/Swelling taping for knee edema post-op
NOON	LUNCH (On Your Own)
1 p.m.	Muscle Taping Techniques Upper Extremity Shoulder – Deltoid Shoulder – Scapula
2:30 p.m.	Muscle Taping Techniques Lower Extremity
2:40 p.m.	Knee – Quadriceps <ul style="list-style-type: none"> • Plan A • Plan B • Plan C
3:30 p.m.	BREAK
3:45 p.m.	Lumbar Spine Paraspinals Low Back Pain – Ligament Techniques
4 p.m.	Ligament Techniques <ul style="list-style-type: none"> • Low Back Pain • Iliotibial Band
4:45 p.m.	Shin Splints
5:15 p.m.	Q & A
5:30 p.m.	Summary/Conclusions

SUNDAY AGENDA

Kinesiology Taping Techniques & Strategies for Specialized Disciplines: A Team Approach

Sunday, March 28, 2010

TRACK 1: Peds and OT

8 a.m.	Registration/Breakfast (provided)
8:30 a.m.	Review
9 a.m.	Edema Upper Extremity Explanation of Gathering Techniques
10 a.m.	Patellar Tendonitis
10:15 a.m.	BREAK
10:30 a.m.	Deloading Osgood Schlatter's
11 a.m.	Subluxing Patella
Noon	Anterior Knee Pain
12:45 p.m.	Q & A
1 p.m.	LUNCH
2 p.m.	Glut Med/Max Adductors Hamstrings Weakness vs. Complete Paralysis Gluteal and Trunk Weakness Adductor Tone, Hamstrings and Knee Hyperextension
2:40 p.m.	Biceps Brachii, Triceps Increased Tone ; Weakness ; Biceps Tendonitis, Tricep Weakness
3:20 p.m.	Flexor Carpi Ulnaris Flexor Capri Radialis Wrist Flexor tone; Medial Epicondylitis
3:40 p.m.	BREAK
4 p.m.	Extensor Carpi Radialis Longus; Extensor Carpi Radialis Brevis Wrist Extensor Weakness or Spasm ; Tone ; Lateral Epicondylitis
4:20 p.m.	Extensor Digitorum Finger Extensor Weakness Flexor Carpi Radialis; Flexor Carpi Ulnaris
5 p.m.	Flexor Digitorum Superficialis Adductor Pollicis Longus Extensor Pollicis Brevis DeQuervain's Indwelling thumb
6 p.m.	Summary / Conclusions

SUNDAY AGENDA

Kinesiology Taping Techniques & Strategies for Specialized Disciplines: A Team Approach

Sunday, March 28, 2010

TRACK 2: Whole Body Orthopedics

8 a.m.	Registration/ Breakfast (provided)
8:30 a.m.	Welcome Q & A
8:45 a.m.	Review
9 a.m.	Edema UE – Shoulder, Elbow, Wrist
10 a.m.	UE Muscle Taping Techniques – Biceps, Triceps
10:45 a.m.	BREAK
11 a.m.	Medial Epicondylitis Lateral Epicondylitis Extensor Digitorum
11:30 a.m.	DeQuervain's <ul style="list-style-type: none"> • Plan A • Plan B
Noon	Carpal Tunnel Syndrome Wrist Pain Wrist Limitations
12:30 p.m.	Lunch (on your own)
1:30 p.m.	Quad Contusion Hamstring Contusion
2:15 p.m.	Hamstrings <ul style="list-style-type: none"> • Plan A • Plan B
	Knee OA Tensor Fascia Latae Medial Knee Pain Lateral Knee Pain
3 p.m.	Osgood Schlatter's Syndrome Patellar Tendonitis
3:40 p.m.	BREAK
4 p.m.	Pes Anserine Unloading Inferior Fat Pad Unloading Achilles Tendonitis Lateral Ankle Sprain Hallux Valgus
5:15 p.m.	Q & A
5:30 p.m.	Summary/Conclusion

KINESIOLOGY TAPING REGISTRATION FORM

March 27-28, 2010

Name: _____

Title: _____

Telephone: _____

Address: _____

City: _____

State: _____ Zip: _____

Institution: _____

E-mail: _____

Registration Fee:

Sanford Health/MeritCare\$75

Non-Sanford Health\$300

(no early bird)

Choose:

TRACK 1 ____ or TRACK 2 ____ for Sunday, March 28.

Amount enclosed: \$ _____

Credit Card Info: _____

Type: _____ Exp Date: _____

Credit Card Number: _____

Signature: _____

Mail registration and payment to:

Nikki Terveer • SH Center for Learning and Innovation
1305 W. 18th St. • PO Box 5039 • Sioux Falls, SD 57117
or fax (605) 328-6301

Limited to the first 75 participants.

Please make checks payable to Sanford Health.

Register online at sanfordhealth.org. For registration information call (605) 328-6353.

Auditorium tends to be cool. Please dress in layers and to allow participation in lab sessions.

For hotel information go to siouxfallscvb.com.



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