

Module 16. Mirror Image® Taping

Eagle/Boise, ID

May 16-18, 2014

16 hours of CE: Call to Inquire Which States are available for CE hours: 1-800-346-5146

Ideal Spine Health Center or CBP Doctor Institute	Hilton Garden Inn 1-208-939-2502
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Course Title: CBP® Module 16. Mirror Image® Taping

Instructors: Dr. Deed Harrison, Dr. Brandon Trujillo, Dr. Jason Haas

Course Objective: This course provides an integrated education for the Doctor of Chiropractic in the science and art of understanding, evaluating, and management of spinal and posture and functional movement disorders. A presentation and hands on application of simple to complex kinesiology taping procedures of the spine, posture and extremities will be presented. Issues associated with functional and structural fascial movement protocols (movers and stabilizers) will be delineated. The anatomy flow of fascial patterns will be detailed. Mirror Image® posture displacements for single plane and multi-plane movements will be presented. Taping the patient / or athlete in simple, then more complex planes will be a primary theme. Attendees will learn the rule of "progressions" as the patient moves from taping for pain into taping for postural patterns and functional movement. A combination of lecture, videos, and hands on activities in a comprehensive training center will reinforce the course material. Lastly, a comprehensive survey of the clinically and scientifically relevant research will be reviewed on these topics.

Total Hours: 16

Friday

4pm-8pm Introduction to Kinesiology Taping, Fascial Planes, Anatomy, Structural and Functional Movement

- I. Fascial Planes and “Trains” Described and Reviewed
 - Kinetic chain approach and review

- Posterior chain
 - Frontal / Anterior chain
 - Lateral chain—is there really one
 - Extremity chains
- II. Kinesiology Taping background, historical, current, and new applications;
 - i. Product types, description, and suggested applications
 - ii. Science behind taping: is it robust or bust?
 - iii. Pain gate theory with kinesiology taping application
 - iv. Proper Techniques for a variety of taping application.
 - III. Taping Application for Pain with Low Tech Exercise Hands on Workshop
 - i. Pre-cut Introduction
 - ii. LBP (Pre-cut and Free Form Techniques)
 - iii. Neck Pain (Pre-cut and Free Form Techniques)
 - iv. Thoracic Pain (Pre-cut and Free Form Techniques)
 - v. Upper Extremity Pain (Pre-cut and Free Form Techniques)
 - vi. Lower Extremity Pain (Pre-cut and Free Form Techniques)

2 Hr. CE. Lecture Anatomy

2 Hr. CE Lab/Technique—CBP

Saturday

**9am-11am CBP® Technique Principles of Posture Analysis and Mirror Image®
Patterns**

1. Postural Assessment – documenting postural distortions. Review
 - i. Introduction to postural assessment technology – Posture Screen
 - ii. Full body posture analysis as rotations and translations of the head, thorax, and pelvis;
 - iii. Differentiation of simple, single patterns from combined complex displacements

2 Hr. CE. Lecture/Principles of Practice/NMS Diagnosis

11am-1pm Mirror Image Taping Theory and Application

1. Structural, Muscle, and Facial Concepts for Mirror Image Tape Application
2. “Posture Tree” Pre-Cut Introduction, Theory and Application;
3. Review of Simple Cervical Spine Taping Procedures and Protocols
 - Lateral translation posture

- Anterior head translation and protracted shoulders (aka: upper cross syndrome),
 - Head flexion-extension postures
 - Lateral flexion, y-axis rotation
 - Review of Mirror Image Taping and cervical spine Protocols
4. Double Combination Postures

2 Hr. CE. Lecture/Principles of Practice/NMS Diagnosis

1pm-2pm Lunch No CE Hours

2pm-4pm Mirror Image Posture Taping Continued: Thoracic and Lumbo-Pelvic Regions

1. Thoracic Spine Taping–
 - a. Lateral translation taping
 - b. Y-Axis rotation taping: Upper thoracic versus thoraco-lumbar
 - c. Thoracic Extension/flexion taping
 - d. Thoracic lateral flexion taping
 - e. Review Mirror Image Taping and Protocols for the thoracic spine
2. Lumbar -Pelvis Taping–
 - a. Pelvic flexion-extension rotation taping,
 - b. Pelvic tilting protocols
 - c. Pelvic y-axis rotation protocols
 - d. Pelvic lateral translation protocols
 - e. Pelvic Anterior translation protocols

2 Hr. CE. Lecture/ Clinical Sciences

4pm-7pm CBP® Technique Practical of Posture Analysis and Mirror Image® Taping Patterns

- (a) Participants Practice Reading posture and Taping using Posture Tree and other Free Form Techniques following methods outlined in the course.
- (b) Mirror Image in Motion Taping
- (c) Mirror Image in Motion and DPS Taping Hands on Workshop

3 Hr. CE. Technique Lab/ Chiropractic BioPhysics

Sunday

9am-Noon Mirror Image Taping Hands on Workshop Continued

- (d) Combined postural taping introduction: Can it be done, should it be done, etc...
- (e) Scoliosis Postural Assessment and Taping

- i. Scoliosis Taping protocols
- (f) Applications: Sports Specific, Strength Training, Functional Training, Running, and Cycling.
 - i. Introduction to Dynamic Posture Stability (DPS)
 - ii. Movement Screening Assessments
 - iii. Extremity Dysfunction from Spinal Dysfunction and Abnormal Posture
 - iv. Taping for Dynamic Posture Stability (Combines ALL topics and Techniques of the course)

3 Hr. CE. Lecture/Lab Technique-CBP