

## PROGRAMME DE FORMATION

# MK-TAPING

### FORMATEURS :

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Le Taping est un outil thérapeutique utile à notre pratique quotidienne. Le but de cette formation de 2 jours en MK-Taping, est de faire le point sur les dernières avancées, ainsi que sur 15 années d'expérience de pratique du Taping neuromusculaire aussi bien dans le cadre du sport professionnel comme dans le traitement des pathologies courantes rencontrées en cabinet.

### JOUR 1 (7 Heures) 9h – 18h

Partie théorique :

Origines et intérêts du Taping

Bases, principes et applications

Principales différences entre le strapping et le KT

Généralités des différentes techniques de pose

*Déjeuner*

Présentation et application pratique des techniques musculo tendineuses

Présentation et application pratique des techniques Capsulo Ligamentaires

Présentation et application pratique des techniques ligamentaires

### JOUR 2 (7 Heures) 9h – 17h

Présentation et application pratique des techniques drainantes

Présentation et application pratique des techniques de correction fonctionnelle

*Déjeuner*

Présentation et applications pratiques de montages combinés

Présentation et applications pratiques de montages de pathologies spécifiques

Cas cliniques

Evaluation interactive de fin de stage



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