

Kinesio Taping® Foundations

Friday & Saturday, March 27 & 28, 2026

8:00am - 5:00pm Both Days

McLeod Loris Center for Health & Fitness, 3207 Casey Street, Loris, SC, 29569

COURSE DESCRIPTION

The Kinesio® Foundations Course is a hybrid course presenting the concepts and techniques of Kinesio Medical Taping, the development of the Kinesio Taping Method, fundamental concepts, assessments and screening tests, along with advanced techniques and clinical reasoning. This course is eight hours a day over a two-day period along with a four hour Online Pre-Course. The Kinesio Online Pre-Course must be completed prior to attending the course. Attendees will problem solve complex clinical cases requiring the application of multiple taping techniques. Lab sessions will provide time to practice assessments and screenings, plus application techniques for a variety of lower and upper body conditions.

OBJECTIVES

By the end of the course, participants will be able to:

1. Identify specific symptoms associated with various types of tissue injuries, including nerve, muscle, epidermis, dermis, fascia, and joint injuries.
2. Demonstrate the application of the advanced Epidermis Correction Technique, including Web Layering, for targeted tissue management.
3. Perform the advanced Dermis Correction Technique, Jellyfish, to address tissue-specific dysfunctions.
4. Apply advanced Fascia Correction Techniques, such as Manual Fascial Glide, for enhanced fascial mobility and function.
5. Execute the advanced Circulatory Lymphatic Correction Technique, Basket Weave, for swelling and lymphatic management.
6. Implement advanced Space Correction Techniques for Scar Management, integrating them into patient care plans.
7. Integrate Muscle Direction Tests, Screening Assessments, and Corrective Techniques to design and apply treatment strategies for complex injuries, including Whiplash, Shoulder Impingement, and Chronic Knee Pain.
8. Collaborate in small group discussions to:
 - Identify at least three items for a problem list and goal list from provided case studies.
 - Develop appropriate interventions utilizing tape as a treatment modality.
 - Defend the proposed interventions and rationale to peers and instructors.



TARGET AUDIENCE

PTs, PTAs, OTs, COTAs, Athletic Trainers. This program is limited to 25 participants

FEES

Consortium Members: \$300
Non-consortium Members: \$600
Non-Refundable Material Fee: \$10
Registration Deadline: March 10, 2026

CANCELLATION & REFUND POLICY

Cancellations must be made via the registration system prior the program's cancellation deadline date as listed on its program details page in order to be eligible for a refund (minus any material fee, if applicable).

PREREQUISITE

In order to attend a Kinesio Taping® seminar, each attendee must have completed 80 course hours of Anatomy and Physiology - must be a qualifying medical practitioner in an advanced healthcare setting. The course begins with an online pre-course, providing an overview of the Kinesio Taping Method's development, foundational principles, assessments, and screening techniques. Participants will also be introduced to basic Kinesio Correction taping techniques to prepare hands-on training. Participants should bring their own scissors and wear proper attire for taping (tank top, shorts). You may also bring a Yoga mat for the lab portion of the course.

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INSTRUCTOR

Elizabeth Harvey, PT, DPT, DHS, MSR

Elizabeth is owner of ABC Therapies, LLC, which was founded in 2008 to provide early intervention services to families in rural South Carolina. She has practiced in a variety of settings including outpatient orthopedics, school-based therapy and sub-acute rehabilitation. Her treatment philosophy has strong basis in Neurodevelopmental Treatment (NDT), use of adjunct modalities, and interdisciplinary collaboration. Working with medically complex and fragile patient populations has led to research and development efforts to better promote overall wellbeing and function. She is co-author of the PaSS Method® - Posture and Sensory Stimulation, using a 3T (Touch, Treat, Tape) Approach. She holds specialty certifications as a Kinesio® Tape Instructor, Educator of Infant Massage, Trismus Treatment, and Guardian Way™ NMES. Elizabeth earned a Bachelor of Science in Biology from Newberry College (Newberry, SC), a Master of Rehabilitation Science from the Medical University of SC (Charleston, SC), and a Doctorate of Physical Therapy from AT Still University (Mesa, AZ).



KINESIO UNIVERSITY

Kinesio University requires that all attendees have completed the following:

1. Must have a working knowledge of the musculoskeletal system
2. Must be able to do assessments by evaluating and/or diagnosing injuries and conditions
3. Must have achieved or is a student in their junior or senior year (transcripts must be provided) working towards one or more of the following credentials:

ATC, CAT(C), COTA, COTA/L, CPT, CPTA, DPT, LOT, LOTA, LPT, LPTA, MOT, MOTR/L, MPT, OT, OTA, OTC, OTR, OTR/L, PT, PT-C, PTA, RPT, RPTA

Successful completion of the program requires attendance for 100% of the course and completed pre-test, post-test, and evaluation by participant.

To register, scan the QR code,
or call Pee Dee AHEC at
843-845-5257 or email
Melissa Brock at
melissa.brock@mcleodhealth.org



Pee Dee AHEC
Area Health Education Center

CREDIT

AHEC Student: Participation recognition only-This 15-hour program is presented by Pee Dee AHEC.

Athletic Trainers: Pee Dee AHEC (BOCAP#P3731) is approved by the Board of Certification, Inc. to provide continuing education (CE) for Certified Athletic Trainers. This program is eligible for 1.5 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program

Occupational Therapists/Assistants: Kinesio University is an AOTA Approved Provider of professional development. PD activity approval ID#448916. This Live, Hybrid, or Distance Learning-Interactive activity is offered at 1.6 CEUs. Introductory Level I OT Service Delivery, Foundational Knowledge.

Physical Therapists/Assistants: 15.0 contact hours of continuing education has been approved by the South Carolina Chapter of the APTA for 1.5 CEUs.

