



SPORT WRAPPING & TAPING WORKSHOP

DATE / TIME:

Saturday, April 10, 2010
9:00am – 4:00pm (approx.)

COST:

\$97.75 (SAO/PSO Members)

\$115 (Non-members)

Cost includes manual, all materials and Letter of Completion

We accept: VISA, MasterCard or cheque made payable to Sport Alliance of Ontario

LOCATION

3 Concorde Gate
Toronto, Boardroom 2

[Map to Building](#)

REGISTRATION INFORMATION:

Fax: [Registration Form](#) – 416-426-7314

Call: Heather Stephens – 416-426-7314

For more info, email: hstephens@sportalliance.com

COURSE DESCRIPTION:

Created by the Sport Alliance of Ontario and taught by a Certified Athletic Therapist, this is a hands-on workshop where participants learn how to prevent and care for common sports injuries with the proper use of taping and wrapping techniques. The following topics are covered in this one-day workshop:

- Wrapping and taping techniques for acute injuries
- Applying support techniques to acute soft tissue injuries:
 - ankle and shoulder wrapping
 - arm and shoulder sling
- Elastic wrap support:
 - quadriceps/hamstring wrap
 - groin wrap
- Understanding taping techniques:
 - wrist, thumb, finger, ankle, patellar tendon (jumper's knee) taping.

This workshop is designed for the beginner.

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