

# SPORT WRAPPING and TAPING

## SPORT WRAPPING & TAPING WORKSHOP

- DATE / TIME:** Saturday, January 16, 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 (payable to Sport Alliance of Ontario)
- LOCATION:** 3 Concorde Gate  
Toronto  
Boardroom 1  
[Map to Building](#)
- TO REGISTER:** [On-line registration](#) (non-members only)  
Fax (416-426-7314 or 416-426-7381) • Mail • Email: [Registration Form](#)  
For more information, email: [hstephens@sportalliance.com](mailto: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.

