



Balance Taping

Part A (2 days)

Change your taping methods & Get a better way~!

Day 1

Time	Contents	Methods
9:00-9:30 AM	Registration	
9:30-10:30	Introduction of Balance Taping 1. The Concept of Balance Taping 2. Approach to Principles of Balance Taping 3. Advantages of Balance Taping 4. Differences from the Conventional Taping Method 1) Contact test 2) Movement test 5. Notes on Balance Taping 6. The Principle Underlying Professional Balance Taping	Power point slides
10:30-10:45	Break Time	
10:45-12:30	Basic Balance Taping for Nonspecific Low Back Pain 1. Balance Taping for Trunk Left Rotation Pain & Limitation 2. Additional Balance Taping for Trunk Left Rotation Pain & Limitation 3. Balance Taping for Trunk Right Rotation Pain & Limitation 4. Additional Balance Taping for Trunk Right Rotation Pain & Limitation 5. Balance Taping for Trunk Flexion Pain (more pain with trunk flexion than extension) 6. Balance Taping for Trunk Extension Pain (more pain with trunk extension than flexion)	Practical-oriented teaching
12:30-13:30	Lunch	
13:30-15:00 PM	Professional Balance Taping for Nonspecific Low Back Pain 1. Published Paper on Balance Taping for Acute Low Back Pain 2. Balance Taping for Acute Low Back Pain 3. Balance Taping for Trunk Flexion Pain (more pain with trunk flexion than extension) 4. Balance Taping for Trunk Extension Pain (more pain with trunk extension than flexion) 5. Balance Taping for Trunk Rotation Pain & Limitation	Practical-oriented teaching
15:00-15:15	Break Time	
15:15-17:00	Professional Balance Taping for Pelvic Misalignment 1. Published Papers on Anterior Pelvic Tilt Taping (APTT) 2. The Application of Anterior Pelvic Tilt Taping (APTT) 3. The Application of Modified APTT in side-lying position 4. The Application of Modified APTT in a Standing Posture 5. Published Papers on Posterior Pelvic Tilt Taping (PPTT) 6. The Application of Posterior Pelvic Tilt Taping (PPTT)	Practical-oriented teaching

Day 2

Time	Content	Methods
9:00-10:30 AM	Basic Balance Taping for Shoulder Pain 1. Balance Taping for Shoulder Pain 2. Additional Balance Taping for Shoulder Pain 1 (a case with pain relief on arm elevation with external rotation) 3. Additional Balance Taping for Shoulder Pain 2 (a case with pain relief on arm elevation with internal rotation)	Practical-oriented teaching
10:30-10:45	Break Time	
10:45-12:30	Professional Balance Taping for Shoulder Misalignment 1. Published Paper on Scapular Elevation Taping (SET) 2. Balance Taping for Scapular Depression Syndrome 3. Additional Balance Taping for Scapular Depression Syndrome 4. Published Papers on Balance Taping for Rounded Shoulder Posture 5. Balance Taping for Rounded Shoulder Posture 6. Balance Taping for Severe Rounded Shoulder Posture	Practical-oriented teaching
12:30-13:30	Lunch	
13:30-15:00 PM	Basic Balance Taping for Elbow Pain 1. Balance Taping for Elbow Flexion Pain 2. Balance Taping for Elbow Extension Pain 3. Balance Taping for Severe Elbow Extension Pain Professional Balance Taping for Elbow Pain 1. Balance Taping for Severe Lateral Epicondylitis (tennis elbow) 2. Balance Taping for Moderate Lateral Epicondylitis (tennis elbow) 3. Balance Taping for Lateral Epicondylitis State of Recovery (tennis elbow)	Practical-oriented teaching
15:00-15:15	Break Time	
15:15-17:00	Basic Balance Taping for Wrist Pain 1. Balance Taping for Mild Wrist Pain 2. Balance Taping for Metacarpophalangeal Joint Flexion Pain Professional Balance Taping for Wrist Pain 1. Movement Test for Professional Balance Taping of the Wrist 2. Balance Taping for Moderate Wrist Flexion Pain 1 (a case with pain relief on wrist flexion with forearm pronation) 3. Balance Taping for Moderate Wrist Flexion Pain 2 (a case with pain relief on wrist flexion with forearm supination) 4. Balance Taping for Moderate Wrist Extension Pain 1 (a case with pain relief on wrist extension with forearm pronation) 5. Balance Taping for Moderate Wrist Extension Pain 2 (a case with pain relief wrist extension with forearm supination) Basic Balance Taping for Finger Pain 1. Balance Taping for Thumb Pain Professional Balance Taping for Thumb Pain 2. Balance Taping for de Quervain's Disease 3. Balance Taping for Thumb Metacarpophalangeal Joint Hyperextension injury	Practical-oriented teaching

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Balance Taping

Part B (2 days)

Change your way & Feel it~!

Day 1

Time	Contents	Methods
9:00-9:30 AM	Registration	
9:30-10:30	Basic Balance Taping for Neck Pain 1. Published Paper on Balance Taping for Acute Neck Pain 2. Cervical-5 Cross Taping for Acute Neck Pain 3. Balance Taping for Subacute Neck Pain 4. Balance Taping for Neck Pain in Recovery 5. Balance Taping for Neck Extension Pain 6. Additional Balance Taping for Neck Extension Pain 7. Balance Taping for Neck Flexion Pain 8. Balance Taping for Neck Left Rotation Pain & Limitation 9. Balance Taping for Neck Right Rotation Pain & Limitation	Practical-oriented teaching
10:30-10:45	Break Time	
10:45-12:30	Professional Balance Taping for Neck Pain 1. Balance Taping for Neck Flexion Pain (more pain with trunk flexion than extension) 2. Balance Taping for Neck Extension Pain (more pain with trunk extension than flexion) 3. Balance Taping for Neck Rotation Pain & Limitation	Practical-oriented teaching
12:30-13:30	Lunch	
13:30-15:00 PM	Basic Balance Taping for Knee Pain 1. General Balance Taping for Knee Pain 2. Balance Taping for Knee Flexion Pain 3. Balance Taping for Knee Extension Pain 4. Balance Taping for Knee Medial and Lateral Ligament Stability 5. Balance Taping for Patellar Stability	Practical-oriented teaching
15:00-15:15	Break Time	
15:15-17:00	Professional Balance Taping for Knee Pain 1. Movement and Contact Tests for Professional Balance Taping of the Wrist 2. Balance Taping for Moderate Knee Flexion Pain 1: Muscular dysfunction (more pain with knee flexion than extension) 3. Balance Taping for Moderate Knee Flexion Pain 2: Joint dysfunction (more pain with knee flexion than extension) 4. Balance Taping for Moderate Knee Flexion Pain 3: Joint dysfunction (more pain with knee flexion than extension) 5. Balance Taping for Moderate Knee Flexion Pain 3: Joint dysfunction (more pain with knee flexion than extension) 6. Combined Balance Taping for Severe Knee Flexion Pain	Practical-oriented teaching

Day 2

Time	Content	Methods
9:00-10:30 AM	<p>Professional Balance Taping for Knee Pain</p> <p>7. Balance Taping for Moderate Knee Extension Pain 1: Muscular dysfunction (more pain with knee extension than flexion)</p> <p>8. Balance Taping for Moderate Knee Extension Pain 2: Joint dysfunction (more pain with knee extension than flexion)</p> <p>9. Balance Taping for Moderate Knee Extension Pain 3: Joint dysfunction (more pain with knee extension than flexion)</p> <p>10. Balance Taping for Moderate Knee Extension Pain 4: Joint dysfunction (more pain with knee extension than flexion)</p> <p>11. Combined Balance Taping for Severe Knee Extension Pain</p>	Practical-oriented teaching
10:30-10:45	Break Time	
10:45-12:30	<p>Balance Taping for Hip Pain</p> <p>1. Balance Taping for Mild Hip Pain 1 (a case with pain relief on hip joint movement with internal rotation)</p> <p>2. Balance Taping for Mild Hip Pain 2 (a case with pain relief on hip joint movement with external rotation)</p>	Practical-oriented teaching
12:30-13:30	Lunch	
13:30-15:00 PM	<p>Professional Balance Taping for Ankle Pain</p> <p>1. Balance Taping for Moderate Ankle Sprain (inversion sprain)</p> <p>2. Additional Balance Taping for Moderate Ankle Sprain (inversion sprain)</p> <p>3. Published Paper on Balance Taping for Ankle Inversion sprain</p> <p>4. Balance Taping for Moderate Ankle Sprain (eversion sprain)</p> <p>5. Published Paper on Balance Taping for Ankle Eversion sprain</p> <p>6. Additional Balance Taping for Moderate Ankle Sprain (eversion sprain)</p> <p>Professional Balance Taping for Ankle Instability</p> <p>1. Published Paper on Balance Taping for Chronic Ankle Instability</p> <p>2. Balance Taping for Chronic Ankle Instability</p>	Practical-oriented teaching
15:00-15:15	Break Time	
15:15-17:00	<p>Balance Taping for Lower Leg</p> <p>1. Published Paper on Balance Taping for Chronic Achilles Tendon Pain</p> <p>2. Balance Taping for Acute Achilles Tendon Pain</p> <p>3. Balance Taping for Mild Hallux Valgus</p> <p>4. Balance Taping for Imbalance Caused by Leg Pain</p> <p>5. Balance Taping for Mild Flat Foot</p>	Practical-oriented teaching

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