



Formation Taping & Strapping

Formateur :

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Master 2 Recherche Motricité, Performance, Santé.

Public : Kinésithérapeutes, Ostéopathes, Podologues

Objectifs :

Formation théorique et pratique de 2 jours ayant pour objectif d'initier à l'application des contentions souples adhésives Taping et Strapping en pratique de cabinet. Les bases biomécaniques pour le traitement des pathologies de l'appareil locomoteur seront abordées à partir d'un cours complet et documenté. Cette formation a 3 objectifs principaux :

- L'acquisition des bases, principes, indications et modalités d'applications des montages de taping tendino-musculaires, ligamentaires, circulatoires et de correction fonctionnelle.
- L'acquisition des bases, principes et applications des différents montages de Strapping permettant d'élargir l'arsenal thérapeutique appliqué aux pathologies sportives.
- L'acquisition d'une meilleure compréhension des pathologies tendineuses, musculaires et articulaires liées à la pratique du sport.

Les moyens pédagogiques techniques : 'Video-projecteur, table de massage pour 2 stagiaires, rouleaux de contentions souples type taping et strapping pour la pratique, bloc note.

Type de support pédagogique remis au stagiaire et contenu : clé USB contenant le power point de la formation et la bibliographie.

Les modalités d'évaluation : une fiche d'évaluation sera remise en fin de stage.

Durée de la formation : 2 jours

Coût de la formation : 650 euros TTC

PROGRAMME de la FORMATION

PREMIER JOUR

8h30 Arrivée des participants et modalités administratives

9h00 Partie théorique :

- Origines et intérêts de la méthode de Taping
- Origines et intérêts de la méthode de Strapping
- Bases, principes et applications des contentions souples
- Principales différences entre le Strapping et le Tapping
- Généralités des différentes techniques de pose de Taping et de Strapping

10h30 Pause

10h45 Présentation et application pratique des techniques de Taping musculaires et tendineuses : Membre Supérieur.

11h30 Présentation et application pratique des techniques de Strapping de l'épaule et du coude.

12h30 Déjeuner

14h00 Présentation et application pratique des techniques de Strapping du Pouce et de la Main.

15h00 Présentation et application pratique des techniques de Taping musculaires et tendineuses : Membre Inférieur

16h30 Pause

16h45 Présentation et application pratique des techniques de Strapping du Genou et de la cheville.

18h00 Fin de la première journée

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DEUXIEME JOUR

8h30 Arrivée des participants et café

9h00 Présentation et application pratique des techniques de Taping circulatoires et Ligamentaires

10h30 Pause

10h45 Présentation et application pratique des techniques de Strapping de suppléance tendineuse (Tendinopathie : patellaire, calcanéenne, périostite et aponévrosite plantaire).

12h30 Déjeuner

14h00 Présentation et application pratique des techniques de Taping de correction fonctionnelle et de montages combinés.

16h00 Pause

16h15 Présentation et applications pratiques de montages de Taping de pathologies spécifiques : Pubalgie, Scoliose.

Fiche évaluation de fin de stage.

18h00 Fin du stage

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