

Bodywork Professional Development

Sports Taping & Strapping Workshop – 2 days - with Gavin Cooper

Upper and lower body

This two-day workshop covers all of the key techniques associated with sports taping and strapping. These are essential skills for any therapist looking to play an active role in the management of sports injuries. There are also techniques taught that will help to re-educate poor posture and the problems that are associated with it.

Over the course of the workshop, taping for the following will be included:

- | | |
|---|--|
| <input type="checkbox"/> Plantar fasciitis support | <input type="checkbox"/> Sacroiliac joint taping |
| <input type="checkbox"/> Peroneal taping | <input type="checkbox"/> Upper trapezius inhibition |
| <input type="checkbox"/> Lateral collateral immobilisation (knee) | <input type="checkbox"/> Prophylactic wrist |
| <input type="checkbox"/> Achilles tendonopathy | <input type="checkbox"/> Collateral ligaments of fingers |
| <input type="checkbox"/> Patellar dysfunction | <input type="checkbox"/> Scapular retraction |
| | <input type="checkbox"/> Shoulder girdle elevation |



You will be awarded a certificate at the end of the course.

This workshop is extremely beneficial for any healthcare professional dealing with injuries to soft tissue. Health care providers such as physiotherapists, massage therapists, sports therapists, chiropractors and osteopaths can benefit from this workshop. You must hold a minimum Remedial & Sports Massage qualification or equivalent or be a registered Physiotherapist, Osteopath, etc.

About Gavin

Gavin's involvement with complementary therapies/healthcare stretching beyond 15 years has allowed him to gain the experience he has today.

Gavin currently teaches Sports Therapy at Perth College, whilst on behalf of Scottish Massage Schools he teaches the Remedial & Sports Massage Course from both Inverness and Perth acting as course leader and covering subjects such as functional anatomy, physiology, sports prehabilitation and rehabilitation. He is trained to Advance Remedial Massage, level 5, as well as Remedial & Sports and delivers specialist workshops covering techniques such as Trigger Point Therapy, Soft Tissue Release and Muscle Energy Techniques.

Gavin has been proactive in the design and development of the Scottish Massage Schools Sports Event Course with a specific focus on the recognition of common mechanisms of injury, treatment and management of typical sports injuries using specialist skills that include traditional Taping and Strapping methods and Kinesiotaping.

Bodywork Professional Development

Date	Workshop being attended	Cost
4 th /5 th March 2017	Sports Taping & Strapping Workshop	£225.00
Venue	Inverness Therapy Clinic, 3 Connel Court, Ardconnel Street, Inverness, IV2 3EY	

Each course requires a non-refundable **deposit of £100.00**
Full payment/balances should be received no later than 28 days before the course date.

Please Note – Workshop participants should bring the following, (where practicable)
 I am bringing a couch (Please tick all that apply)
 I am bringing pillows, bolster and towels
 I require information on B&B

Please advise us by email if you have any special needs.

Personal Details

Name:	Name on Certificate:
Address:	
	Postcode:
Tel No:	Email:
Payment amount:	Signature:

Payment by **cheque** made out to: **BodyworkCPD Ltd,**
Send to: **12 North Loanhead, Limekilns, Fife, KY11 3LA**

By **Bank Transfer**: **BodyworkCPD Ltd, Sort code: 83-23-25, Account no: 11679195**

Please add '**Tape-Inv-your surname**' as a reference so we can identify your fees and what they are for, email us to let us know when you have processed your payment.

Please email us this completed booking form. Thanks!