



FMT BASIC & PERFORMANCE

<http://shop.rocktape.ca/fmt-basic-performance-winnipeg-mb-march-7-8/>

Until now, choices were limited if you wanted to learn how to use kinesiology tape. You had to read a book or attend an expensive class that locked you into one way of applying tape. Not anymore.

FMT Basic Kinesiology Taping Certification

FMT Basic introduces the evidence based approach to taping for pain*, enhancing fluid dynamics, posture, nerve entrapment and scars. FMT Basic is an evidence-informed kinesiology taping course that redefines our understanding of the effects of elastic therapeutic taping on pain* mitigation, circulation and proprioception. FMT Basic lays the groundwork for a practical framework of 'taping movement, not muscles' to replace an outdated model focused on directional taping to activate or inhibit muscles.

This 8-hour certification course is intended for practitioners and therapists with all levels of experience with taping. All supplies needed for the course are provided. There are no prerequisites for FMT Basic.

FMT Performance Kinesiology Taping Certification

This course expands on the concepts taught in FMT Basic and explores enhancing human movement and performance via functional taping methods (movement based). The anatomy and physiology of myofascial lines are covered. Movement screening is used to determine dysfunction in specific anatomical planes of motion and how to apply tape in a manner that improves movement and function. Learning is primarily done in a workshop, hands-on environment.

This 8-hour certification course is intended for practitioners and therapists with all levels of experience with taping. All supplies needed for the course are provided. FMT Basic is a prerequisite for FMT Performance.

- All class supplies (tape, scissors, digital course notes) are provided.
- You will be credentialed in FMT, which is a commercially accredited certification.
- CEUs may be offered for DC, ATC, PT, OT, LMTs and personal trainers - depending on
- FMT Basic - \$250 Saturday
- FMT Performance - \$300 Sunday
- 50% Student Discount - discount is available for current fulltime students. Email a copy of your current student ID (must show a year) or class registration to student@rocktape.com