

TAPING COURSE DETAILS

Course name	Sports Taping Course
Course Description	Taping was initiated over 50 years ago. Currently predominantly physiotherapists use it. Taping is not only beneficial for injury prevention e.g. in sport; it can be a very useful, additional tool in the treatment and rehabilitation of many injuries. This course will cover all different available tape available (e.g. Kinesiotape, dynamic tape, EAB, zinc-oxide, hypafix), and the most common sports injuries you will encounter on the sports field, in private clinic or in your outpatient department. There will be time to practice every technique taught. If I haven't covered something you were hoping to see...there will be opportunity in an open session at the end of the day.
Aims of Course	The aims of this course are to provide participants an introduction to taping as an additional technique to treatment of acute and chronic injuries. This course is practical in nature and the participant should feel more confident and equipped with the basic skills to apply taping to a variety of injuries.
Date	Sunday 7 October 2018
Time	9am – 5pm
Course Cost	£ 150 (includes course notes and taping material)
Course Venue	55A Old Elvet Durham, DH1 3HN
Map and Directions	www.durhamcityphysio.co.uk
Parking	Free parking anywhere along Old Elvet on a Sunday
Bring along	Pair of scissors, shorts and vest. Shaven legs may be an advantage...
Lunch	Tea/coffee and biscuits are available Lunch is not provided, bring your own, or shops with Subway, Tesco within walking distance.
Course Tutor	Femke Nauschutz MSc MCSP Femke left her part time post as an Upper Limb ESP (Extended Scope Practitioner) in the NHS, to dedicate all her time to Durham City Physio Ltd in Durham. She set up the clinic in 2008. She obtained her physiotherapy degree at the University of Stellenbosch in South Africa in 1992, and moved to the UK in 2000. She also qualified as a Personal Fitness Trainer in 1995.

	<p>She gained her Diploma in Injection Therapy in 2005, and completed her MSc in Sports & Exercise Injury Management at Leeds Beckett University in 2010.</p> <p>She has worked with sports teams and provided physiotherapy for large sporting events including Davis Cup (SA), WP cricket and Two Oceans – ultra marathon in South Africa.</p> <p>She was Head Physiotherapist for MCC vs West Indies - 3 Day Cricket Test in June 2007 and Head Physiotherapist for ESAA Sainsbury's English Schools 76th Track & Field Championships in July 2006.</p> <p>She was a Physiotherapist at the London 2012 Olympic Games, and was Lead Physiotherapist at the Commonwealth Games in Glasgow in 2014, and Physiotherapist at the European Games held in Baku, Azerbaijan in 2015. She recently also worked as part of the medical team at the 2017 IAAF World Championships in London and 2018 World Indoor Championships in Birmingham.</p>
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