

Date: 26/03/18

Time: 5:30pm - 7:30pm

Cost: \$20 per person

**All tape provided + lectures and
practical workshop**

**Presented Onsite within the clinic
at Soulitude Health**



Shop 2
12 Cooper Street
Macksville NSW 2447
Phone: 02 6568 2185
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***Introduction to
Sports Taping***



Practical Workshop

Date: 26th March 2018

Time: 5:30pm - 7:30pm

Cost: \$20 per person

**Where: Onsite at
Soulitude Health**

**2/12 Cooper Street,
Macksville 2447**

Introduction to Sports Taping

This workshop will aim to educate and upskill individuals working in a sports setting with the knowledge and practical skills to tape for injury prevention and protection of the Ankle, Knee and Shoulder joints.

Topics covered will include:

- ⇒ **Types of Tape and their Role in Sport**

- ⇒ **General Anatomy of the Ankle, Knee and Shoulder**

- ⇒ **How to Tape for injury prevention and protection**
 - **ANKLE, KNEE and SHOULDER**

- ⇒ **When is it time to refer to the Physiotherapist?**



Upon completion of this workshop, all participants will be able to:

- **Understand the variations in types of sport tape and their intended use**

- **Understand the general anatomy of the ankle, knee and shoulder including the most common injury to each of these areas**

- **Tape an ankle, knee or shoulder for injury prevention or protection**

- **Identify when an injury requires physiotherapy assessment and the limitations of sports tape**

Presenters:

⇒ **Blake Smoothy
Physiotherapist**

Blake has studied alongside head clinicians in the AFL and NRL and has worked with sporting teams at a representative level in rugby league and OzTag.

Blake has recently returned from a High Performance and Elite Athlete Rehabilitation Course in Melbourne working within the Essendon Bombers training complex to treat calf and hamstring tears in the AFL.

⇒ **Andrew Gaterell
Physiotherapist**

Andrew has been involved in all avenues of sports both locally and at representative levels.

Andrew has a particular interest in shoulder injuries and has extensive knowledge in knee pathologies following his undertaking of the APAs Advanced Knee Rehab course held at the GWS Giants training complex.

BOOKINGS ARE ESSENTIAL

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