

# Taping to Improve Alignment, Strength and Function in Children

Jackie Grimenstein PT, C/NDT, CKTP



## Faculty

**Jacqueline Grimenstein, PT, C/NDT, CKTP**, received her bachelor's degree in physical therapy from the University of Pittsburgh. She is a member of NDTA where she is a PT instructor. She is currently the Community Rehabilitation Education Coordinator at Weisman Children's Rehabilitation Hospital in Marlton, NJ. She has spent her career treating children with neurological impairments with an emphasis on children with severe disabilities. She has practiced in a wide variety of settings including rehab, the NICU and over 30 years within school settings. She served as an adjunct professor at the University of the Sciences in Philadelphia where she taught Intro to Pediatrics and Advanced Pediatrics. She was a founding steering committee member of the International Pediatric Rehab Collaborative (IPRC) that assisted with the re-standardization the WeeFim and a member of their Outcomes and Best Practices committee. She is on the Board of Directors for NDTA as well as the conference planning committee, the Centers of Excellence committee, the Instructor Group Executive committee and writes for the NDTA Network. She presents continuing education courses on NDT, Therapeutic Taping in Pediatrics and Functional Exercise and Strengthening for the Child with Neurological Impairments both nationally and internationally.

Disclosure: Financial: Ms. Grimenstein receives a speaking fee from ERI for this course. Non-Financial: No relevant non-financial relationships to disclose.

## About this Course

Enhance therapy outcomes in your pediatric clients, birth through adolescence, with neuro-motor impairments and issues with alignment utilizing taping and problem solving based on NDT principles presented in this course. Unlike many taping courses this course introduces you to a variety of materials that can be used to achieve improved postural alignment and facilitate muscle activation for enhanced performance. We will explore possible underlying causes for the malalignments and discuss the possible long-term ramifications. Research has shown that taping alone is not sufficient to sustain change achieved over time and needs to be combined with practice repetition in the new alignment. You will practice with several different materials on the other course participants to achieve specific objectives. Examples of intervention with children utilizing taping procedures will reinforce learning for clinical applications. Course includes videotapes and case studies.

## Objectives

- 1 Provide pediatric clients with appropriate taping and strengthening activities for the treatment/management of posture and movement problems using current theory and basic principles of these therapeutic techniques
- 2 Develop an understanding of the underlying theory and basic principles of using taping for the treatment/management of posture and movement problems in children
- 3 Improve posture and movement of pediatric clients by learning techniques that utilize at least 3 different materials for the upper extremities, lower extremities and trunk
- 4 Determine when and how to use taping as part of the overall treatment plan
- 5 Review of research related to strengthening in children and how to incorporate strengthening with a taping program

Help your patients achieve better outcomes.

## Schedule – Day 1

<b>8:00-8:30</b>	Registration/Continental Breakfast
<b>8:30-9:45</b>	Theory and Principles of Taping as an Adjunct to Therapy
<b>9:45-10:30</b>	Overview of Materials
<b>10:30-10:45</b>	Break
<b>10:45-11:00</b>	Non-Adhesive Taping (neoprene, Lycra, TheraTogs, hip helpers, Superwrap)
<b>11:00-12:00</b>	Superwrap® of Upper and Lower extremities
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-1:30</b>	Therapeutic Elastic Taping (based on Kinesio taping principles)
<b>1:30-3:00</b>	<b>LAB:</b> Upper Extremity Taping and Strengthening: Shoulder, Wrist, Forearm, Hand
<b>3:00-3:15</b>	Break
<b>3:15-4:30</b>	<b>LAB:</b> Trunk Taping and Strengthening Abdominals

## Online Courses

*We've infused the excitement and clinical relevance of our live courses into new online series*  
Learn at your convenience

### Therapies in The School Series

Pediatric Toe Walking Series

Acute Care Series

Post Concussion Series

Pediatric Vestibular Series

Advanced Vestibular Rehabilitation Series

Online courses include free downloadable handouts and access for an entire year.

Register directly online [www.educationresourcesinc.com](http://www.educationresourcesinc.com)

## Schedule – Day 2

<b>8:00-8:30</b>	Continental Breakfast
<b>8:30-10:00</b>	Trunk (continued): Jaw (for closure and drooling), Scapular Stabilization, Neck, (Torticollis)
<b>10:00-10:15</b>	Break
<b>10:15-11:30</b>	Techniques Lower Extremity Taping and Strengthening: Knee Hyperextension, Hamstring Inhibition, Gastrocs and Dorsiflexors for improved foot placement in gait
<b>11:30 -12:00</b>	Rigid Taping Principles
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-2:30</b>	<b>LAB:</b> Trunk (Upright posture, Scoliosis)
<b>2:30-2:45</b>	Break
<b>2:45-4:00</b>	<b>LAB:</b> Foot and Ankle Taping Foot Alignment, Alternatives for Toe Management

## Follow us on Social Media

We invite you to share your ideas with us, post a clinical challenge you are currently facing, or share a great therapy tip with your colleagues. Please visit us on Facebook, LinkedIn and our blog.



## ERI: Life-changing learning

**You love what you do.** Our courses remind you why. As a therapist, you change lives every day – and have your life changed in return. ERI is life-changing learning, for therapists by therapists.

### The ERI Advantage:

- o Techniques you'll use the next day
- o Peers who share your passion
- o Renowned faculty
- o Evidence-based courses that improve outcomes
- o 30 years of life-changing learning

### Specialty Tracks throughout the lifespan – Neonatal, Pediatric, Adult, Geriatric

Each ERI specialty track is designed to make the most of your continuing education time, budget, and goals. Start your search with us, and plan every course you'll take in 2019.

**Visit [educationresourcesinc.com](http://educationresourcesinc.com) for all of your 2019 courses.**

## ERI Rewards

**Your ERI experience is more rewarding than ever.**

- o First Course Discount
- Bring a Friend Savings
- Group Discounts
- \$100 off your 4th Multi-day Course
- o And more

Subject to availability. Exclusions may apply. Visit our website for details and coupon codes.

## Credits

This course meets the criteria for 12.5 contact hours (1.25 CEUs).

TX Physical Therapy Association accredited provider.

This course meets the approval for type 2 CEUs by the TX Board of OT Examiners.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 12.5 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEU's does not imply endorsement of specific course content, products or clinical procedures by AOTA.



Education Resources, Inc is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course meets the criteria for 12.5 hours towards NDTA re-certification

NBCOT professional development provider - 12.5 PDUs



Education Resources Inc. is approved by the Board of Certification to offer 12.5 continuing education units for Athletic Trainers

Please contact us with any special needs requests:  
[info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 508-359-6533

## Locations and Dates - 2019

**May 31- June 1** Cedar Park, TX Achieve Pediatric Therapy and Rehab

"Jackie is a great teacher of hands-on skills. The class provided excellent theory with practical hands-on experience. Thank you for the great ideas!"

-J. McLaughlin



\$485 fee includes \$45 of extensive taping materials. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

Please make check payable and return to: Education Resources, Inc. 266 Main St., Suite 12 • Medfield, MA 02052 508-359-6533 or 800-487-6530 (outside MA) FAX 508-359-2959 • www.educationresourcesinc.com

Limited enrollment. We encourage you to register online!

Taping to Improve Alignment/ Grimenstein
May/TX

Course Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

Discipline: \_\_\_\_\_ Specialty: \_\_\_\_\_

How did you learn of this course \_\_\_\_\_

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. Please do not make non-refundable travel arrangements until you have called us and received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

I have read your refund policy above and understand.

Cardholder's name & billing address with zip code if different from above:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_

Amount charged \_\_\_\_\_

I hereby authorize you to charge my: VISA MC DISCOVER# \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV2 Code \_\_\_\_\_