



Balance Taping

Cross Taping Part A (2 days)



Day 1

Time	Contents	Methods
9:00-9:30 AM	Registration	
9:30-10:30	Introduction of Cross Taping 1. The Concept of Cross Taping 2. Approach to Principles of Cross Taping 3. Advantages of Cross Taping 4. Notes on Cross Taping	Power point slides & Practical-oriented teaching
10:30-10:45	Break Time	
10:45-12:30	Basic Tests before Cross Taping 1. Test Method for Cross Taping Application Direction Application Method for Cross Taping using O-ring Test or Pinch Gauge 2. Determination of Cross Taping Priority	Practical-oriented teaching
12:30-13:30	Lunch	
13:30-15:00 PM	Basic Application before Cross Taping 1. Cross Taping for allergy reduction 2. Cross Taping for Calluses 3. Cross Taping for Surgical Site	Practical-oriented teaching
15:00-15:15	Break Time	
15:15-17:00	Cross Taping for Total Balance 1. Correlation among the brachial, pectoralis major, pectoralis minor, and subclavius muscles 2. Correlation among the brachial, psoas major, psoas minor, iliacus muscles	Practical-oriented teaching



Day 2

Time	Contents	Methods
9:00-10:30	Cross Taping for Total Balance 3. Correlation among the brachial, vastus lateralis, vastus medialis 4. The Correlation of Foot 5. The Correlation of Low Leg	Practical-oriented teaching
10:30-10:45	Break Time	
10:45-12:30	Cross Taping for Low Back Pain 1. Cross Taping for Sacroiliac Joint Pain 2. Cross Taping for lower back pain caused by tension in the iliacus, psoas major, and psoas minor muscles.	Practical-oriented teaching
12:30-13:30	Lunch	
13:30-15:00 PM	Cross Taping for Low Back Pain 3. Cross Taping for Back Pain Caused by Unbalanced Neck 4. Cross Taping for Geriatric back pain	Practical-oriented teaching
15:00-15:15	Break Time	
15:15-17:00	Cross Taping for Neck Pain 1. Muscle Tension Correlation 2. Cross Taping for neck rotation 3. Cross Taping for Traumatic Neck Pain 4. Cross Taping for Upper Back Pain caused by Neck Movement 5. Cross Taping for Neck Pain caused by Back Movement 6. Cross Taping for Neck Pain Caused by Tension of Scalene Muscle	Practical-oriented teaching

Change your way & Feel it~!

<http://www.balancetaping.net>

