

ATHLETES' ANGELS TRAINING COURSES

TAPING FOR SPORTS INJURIES WORKSHOP K-TAPING WORKSHOP

TAPING FOR SPORTS INJURIES

Learn some excellent taping techniques for the treatment of sports injuries. A practical, comprehensive course which will provide you with great new skills including muscle offload and joint support. Ideal for use in clinics and at events. Learn techniques for the following:

**PLANTAR FASCIITIS - TENNIS ELBOW
ACHILLES TENDINOPATHY - COLLATERAL
LIGAMENTS - PATELLA TENDINOPATHY
LUMBAR SPINE**



Date: Date not currently set, email for info
Times: 0830 - 1700hrs
Venue: Edinburgh Academy Junior School
Cost: £115

K-TAPING WORKSHOP

Come along and learn what all the fuss is about! K-taping can be used in a variety of ways - the colourful tape is proving extremely popular with therapists seeing great results. Learn the theory behind its use and how to use the tape for the following techniques.

**MUSCLE
LYMPHATIC
CORRECTIONAL
LIGAMENT**



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FANTASTIC DISCOUNT: JUST £200 FOR BOTH DAYS

ALL TAPING EQUIPMENT, MASSAGE TABLES, COURSE MANUALS,
CPD CERTIFICATES AND REFRESHMENTS ARE INCLUDED IN THE COST.

7 CPD POINTS ACCREDITED FOR EACH COURSE.

EMAIL: info@athletesangels.com
CALL: 07977 151540

Places are given on a first come, first served basis. A non-refundable £50 deposit will secure your place. Please contact us to find out about how to pay.

