Learn2Tape®

K-Cuts™ Taping System

Below you will find a preview of what you should expect upon completing the eCourse portion of the K-Cuts Certification. It is important to understand that in order to complete your certification, you will need to complete three (3) final components of the eCourse.

1. A comprehensive multiple-choice examination
2. Nine (9) practical evaluations
3. Two (2) video submissions

A comprehensive multiple-choice examination

In preparation of the Certification Exam, you may review any of the previous sections from the eCourse. When you're ready to begin the certification portion of this course, you may start by taking the multiple-choice examination.

Nine (9) practical evaluations (Image submissions)

The second portion of the certification exam is designed to give you practice with various applications prior to advancing to the final portion of the exam. To complete this portion of the exam, you must submit a photo for 9 different applications that we have selected for you, as well as answer a few questions pertaining to each application evaluation. Please be sure to follow these evaluation upload guidelines prior to uploading your images.

- Perform all application prior to advancing below
- Take a picture of each application
- Is your image in focus?
- Does it clearly display the completed application? (*a different angle may be better*)
- Did you follow the K-Cut 'recommendations' page to ensure optimal outcomes?

You will be asked to perform the following applications: *Don't be afraid to follow along with the videos or to use the book or eBook.*

1. Trigger Point
2. Deltoid
3. Hamstring

4. Calf
5. AC Joint Sprain?
6. Acute Shoulder Bursitis?
7. PFPS?
8. Shin Splints?
9. Plantar Fasciitis?

Once you have completed each application and taken the pictures, you are ready for submission. We strongly encourage students to do all 9 applications and photos before advancing to the next section.

Two (2) Video Practical's- (Video submissions)

Submit videos of you executing two kinesiology taping applications on a subject (*you may use the same person for both*).
For your first application, please perform either a Hamstring Strain, Quad Strain, AC Joint Sprain, or Calf Strain application.
For your second application, please perform either a Shin Splints, ITB Syndrome, Patella Femoral Pain Syndrome, Plantar Fasciitis, Golfer's Elbow, or Tennis Elbow application.
Please be certain that you include the following information clearly:

1. Tell us the name of the application, the objective, the target tissue and method of application.

2. Verbally walk us through each step as you apply the tape. Be certain to not skip any of our recommendations so that we are confident that you understand the importance of even the smallest details.

3. Ignore the camera, talk to your subject.

4. Did the therapist vigorously rub the tape after it was applied to activate the adhesive?

5. Be certain that you are not blocking the application with your body. It is best to keep the camera at a shooting angle that is perpendicular to where you are standing with the subject.

6. Do not worry about editing. Raw footage is fine. Shoot the video as often as you need to prior to submission. Please keep in mind that individual videos may not exceed 500MB (approximately 5-10 minutes of video).

7. You can ask the subject to hold the camera if the application allows for it.

Video Submission Grading

TAPING OBJECTIVE: Identified type of application and clearly explained the purpose of the chosen application to the client

CLEANING: Cleaned the area (removed any hair, dirt or oils) prior to applying the kinesiology tape

CLIENT POSITION: Placed the area in a stretched position before applying the therapeutic zone to the skin (Exception: JA applied in neutral position)

TAPE TENSION: Applied ends with no tension and verbally identified therapeutic zone tension level as tape was being applied.

ACTIVATE ADHESIVE: Vigorously rubbed the tape after it was applied in order to activate the adhesive

INSTRUCTIONS FOR WEAR: Offered instructions for the proper wear and care of the tape such as avoiding high heat, trimming loose pieces of tape, patting tape dry with a towel after bathing or swimming, options for removal after 3-5 days (in direction of hair growth, roll tape off, soak in tub, coat with vegetable oil…)

It is important that you read the directions and follow them carefully in order to successfully complete the certification process. Once we have received all your completed work, you will be issued your certificate. We will take the appropriate time to review all materials. If we feel that you need to resubmit any image or video again, we will reach out to you. Please read all emails that you receive in order to gather all the information you will have questions about.

#Getyourtapeon