Target Audience: CEUs may be offered for DC, ATC, PT, OT LMTs and personal trainers - depending on location and class type.

COURSE SUPPLIES & RECOMMENDATIONS FOR PARTICIPANTS:
Rocktape will supply tape, scissors and movement assessment equipment needed for the course. In addition, course manual and handouts will be provided. Participants should present themselves with comfortable clothing to allow for full range of motion and application of tape. Participants are responsible for snacks, lunches, drinks and writing materials.

FMT Basic
Saturday, June 3, 2017

Course Description:

This course introduces the concept of movement therapy and enhancement via functional taping methods. It includes a review of the current literature supporting the theory of kinesiology taping for the purposes of rehabilitation, edema/swelling management, neuropathic pain, scar mobility and postural management. FMT Basic is an evidence-informed kinesiology taping course that redefines our understanding of the effects of elastic therapeutic taping on pain mitigation, circulation and proprioception. FMT Basic lays the groundwork for a practical framework of ‘taping movement, not muscles’ to replace an outdated model focused on directional taping to activate or inhibit muscles. This course is intended for practitioners and therapists with all levels of experience with taping. All supplies needed for the course are provided.

Education Objectives of FMT Basic:

At the conclusion of the course, attendees will be able to:

1. Discuss the physiological effects of kinesiology taping

2. Demonstrate functional taping and understand its role and use for the applications of rehabilitation, edema management, neuropathic pain, scar mobility, and posture improvement.

3. Demonstrate and discuss the concept of a longitudinal muscle chain approach to the elastic therapeutic taping and a myofascial sequencing model of “Taping movements, not muscles.”
Course Description:

This course expands on the concepts of movement therapy and performance enhancement via functional taping methods that are taught in FMT BASIC. The anatomy and physiology of myofascial slings is covered. Movement assessment to determine dysfunction in specific slings and how to apply tape in a manner that improves movement and function is done in a workshop, hands-on environment. Corrective exercise techniques to address joint mobility and stability dysfunctions along these myofascial pathways are presented. This course is intended for practitioners and therapists with all levels of experience with taping. All supplies needed for the course are provided.

Education Objectives of FMT Performance:

At the conclusion of the course, attendees will be able to:

1. Discuss the concept of the longitudinal muscle chain approach to kinesiology taping and a myofascial sequencing model of “Taping movements, not muscles.”

2. Demonstrate movement screening techniques to evaluate proper human movement patterns. In the presence of faulty movement patterns, the plane of dysfunctional movement is identified and movement is corrected using the longitudinal muscle chain approach to kinesiology taping

3. Demonstrate functional taping applications for Performance Chains

4. Discuss and demonstrate assessment of sport-specific movement patterns and the use of taping to improve sports performance
FMT Basic and FMT Performance
Presented by Rocktape and C. Shante Cofield, T, DPT, OCS, CSCS, CF-L1
June 3-4, 2017

Program Schedule: 8:00-5:00, lunch on your own

Course Location: Vanderbilt Health at One Hundred Oaks
                First Floor Conference Room (Entrance D)
                719 Thompson Lane
                Nashville, TN 37204

Questions: Email us at pedsrehabcoursesreg@vanderbilt.edu

About the Instructor:
C. Shante Cofield, PT, DPT, OCS, CSCS, CF-L1

Dr. C. Shante Cofield is a former Division I athlete with a passion for movement surpassed only by her passion for learning. Shante graduated from Georgetown University and then continued her educational pursuits at New York University, graduating with a Doctorate in Physical Therapy (DPT) and becoming a Certified Strength and Conditioning Specialist (CSCS).

Shante is a board certified Orthopedic Clinical Specialist (OCS) who practices in NYC, with specialties ranging from CrossFit injuries to pelvic floor dysfunction. As a certified Functional Movement Screen (FMS) provider and Selective Functional Movement Assessment (SFMA) provider, Shante utilizes a movement-based treatment approach that incorporates manual therapy, corrective exercises, and techniques such as kinesiology taping and IASTM (instrument assisted soft tissue mobilization). Additionally, Shante is a Functional Range Conditioning mobility specialist (FRCms) and holds a CrossFit Level I trainer certificate.

Outside of the clinic, Shante serves as an advisory board member for WODMedic, and is the creator of The Movement Maestro, a website and social-media based platform devoted to all things human movement and mobility related. Shante has also served as a content expert for numerous publications and has lectured at universities and exercise facilities on topics including screening techniques, movement patterns, and injury prevention.

A firm believer in the mantra of practicing what one preaches, Shante maintains an active lifestyle as a crossfitter and outdoor enthusiast. She has completed two marathons, is an experienced rock climber, and is a proud member of CrossFit718, serving as their in-house physical therapist and movement specialist.
CONTINUING EDUCATION CREDITS: 16 CONTACT HOURS

PT - FMT Basic 8 CEUs, FMT Performance 8 CEUs - Approved in AZ, DE, GA, IL, KS, KY, MO, MS, NC, TN, VA, VT, WI by virtue of California PTA Approval # 16-410 (FMT Basic),#16-411 (FMT Performance)

PT - FMT Basic 8 CEUs, FMT Performance 8 CEUs - Course meets continuing education requirements for CO, CT, HI, IA, MA, ME, NE, NH, ND, OR, SC, SD, WY PT Board.

LMT - Rocktape is approved (#179) by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider

PT - FMT Basic 9.6 ceus approved by NYPTA # 15-11-7, FMT Performance 9.6 ceus approved by NYPTA # 15-11-8

PT- FMT Basic 8 credits approved by New Jersey State Board of Physical Therapy Examiner (2016-575), PT- FMT Performance 8 credits approved by New Jersey State Board of Physical Therapy Examiner (2016-576)

AT - FMT Basic 8 CEUs, FMT Performance 8 CEUs - BOC Approved Provider # P8570 Rocktape is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers

NASM Provider #922, ACE Course Number FMT Basic: CEP70466 CECs: 0.8 FMT Performance:CEP73056 CECs 0.8

OT- AR, IN, NC, SC, HI, ID, ME, MA, NE, ND, TX, VA,WI- Course meets the requirements OT boards. TN can be applied for by participant

NOTES:

Continental breakfast will be provided. Lunch will be on your own.
FMT Basic and FMT Performance
Presented by Rocktape and C. Shante Cofield, T, DPT, OCS, CSCS, CF-L1
June 3-4, 2017

DRIVING DIRECTIONS:

One Hundred Oaks is located on the South side of Nashville, outside of the I-440 loop, and is visible from I-65. The most accessible exit is Armory Drive, exit 79.

FROM I-40: Take I-440 to I-65 South. Exit off of I-65 south using exit 79 onto Armory Drive. Follow signs for Powell Avenue, loop around and take a right onto Powell Avenue. Follow Powell Avenue and turn right onto Thompson Lane. You will see Vanderbilt Health and use entrance D.

FROM I-24: Take I-440 to I-65 South. Exit off of I-65 south using exit 79 onto Armory Drive. Follow signs for Powell Avenue, loop around and take a right onto Powell Avenue. Follow Powell Avenue and turn right onto Thompson Lane. You will see Vanderbilt Health and use entrance D.

FROM I-65: Exit off of I-65 using exit 79 onto Armory Drive. Follow signs for Powell Avenue, loop around and take a right onto Powell Avenue. Follow Powell Avenue and turn right onto Thompson Lane. You will see Vanderbilt Health and use entrance D.

FROM VANDERBILT MEDICAL CENTER at the corner of 21st Avenue and Blakemore/Wedgewood: Take Wedgewood past the Belmont campus to 8th Avenue. Turn right onto 8th Avenue and follow to Thompson Lane. Loop around onto Thompson Lane and travel over I-65, through the Powell Avenue intersection. You will see Vanderbilt Health and use entrance D.
FMT Basic and FMT Performance
Presented by Rocktape and C. Shante Cofield, T, DPT, OCS, CSCS, CF-L1
June 3-4, 2017

Registration: This course is open to DC, ATC, PT(A), OT(A), LMTs and personal trainers

Please register early. Space is limited!

Registration Fee:
FMT Basic: $200
FMT Performance: $250
FMT Basic and Performance: $450

Please enclose check or credit card with registration form and mail or fax credit card registration to 615-343-0506 attention Cheryl Curry

Name (as you wish it to appear on your CEU certificate)

_________________________________________________________________________

Address ___________________________________________________________________

City___________________________ State _________ Zip__________

Phone (H)__________________ (W) ____________________________

E-Mail____________________________________________________

Profession___________________ License number ________________

Process for Payment: _____ Check (make checks payable to VCH Peds Rehab
 _____ Credit Card

Credit card #___________________ Exp. Date:_________ Three Digit Code on
back:_______

*Cancellations: No refunds 14 days prior to course date

Please Return this form and payment to:
Department of Rehabilitation Services
Monroe Carell, Jr. Children’s Hospital at Vanderbilt
719 Thompson Lane, Suite 21000 OHO
Nashville, TN 37204
Questions: E-mail Jennifer Hutton, DPT pedsrehabcoursereg@vanderbilt.edu