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# Learning Objectives

MedBridge

*TheraBand® Kinesiology Tape: Clinical Integration*

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## **Chapter 1: Introduction to Clinical Integration**

- Identify the 3 key components of evidence-based practice
- Learn how to integrate kinesiology taping into clinical practice
- Understand issues related to coding and billing for kinesiology taping

## **Chapter 2: Clinical Scenarios – Upper Quarter**

- Understand components of Jands’s Upper Crossed Syndrome
- Apply kinesiology tape and TheraBand exercise for neck pain
- Apply kinesiology tape and Theraband exercise for shoulder pain

## **Chapter 3: Clinical Scenarios – Lower Quarter**

- Understand components of Jands’s Lower Crossed Syndrome
- Apply kinesiology tape and TheraBand exercise for low back pain
- Apply kinesiology tape and TheraBand exercise for knee pain