

The 4th NORWEGIAN KINESIO TAPING SYMPOSIUM



April 1st - 2nd, 2016
Oslo - Radisson Blu Plaza Hotel

AlfaCare host for the fourth time its annual symposium in kinesio taping. We have once again combined a number of international speakers within kinesio taping.

It is a great pleasure to welcome:

Ruben Ferreira, Konstantinos Diamantopoulos, Gaute Alstad Sunde, Sindre Busk Witzøe, Gudrun Collins, Stefano Frassine, Pentti Pitkänen, Kristian Seest, Frank Tore Jacobsen, Nina Paulsen and Nina Erga Skjeseth.

This year's main topics are

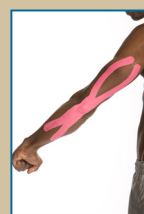
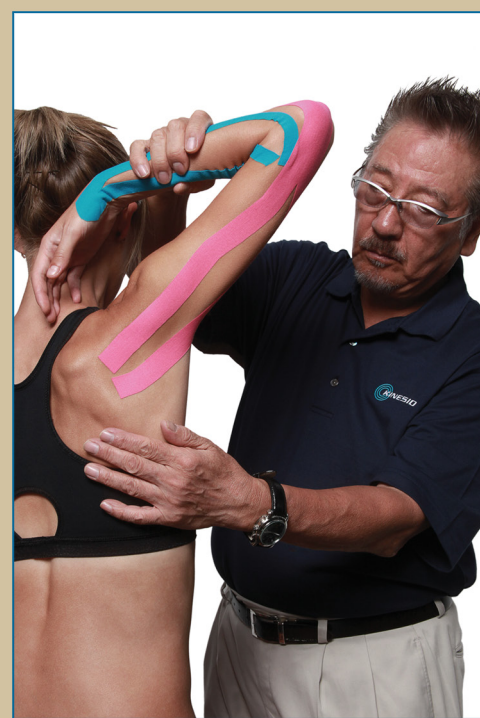
Sports medicine and kinesio taping

Day 1: Low back and lower extremities injuries in high level sports.

Day 2: Neck, shoulder and upper extremities injuries in high level sports.

This year's presenters are therapist involved in high level sports, combined they have great experience on injury prevention and rehabilitation and they all uses kinesio taping in their daily practice. This years symposium will be a mix of lectures, case reports, scientific presentations and workshops.

Don't miss this year's big event! You will be "up to date" on the newest research, learn new information and taping techniques from experienced experts. You will also get the opportunity to spend time with the presenters at our social dinner friday night.



PRACTICAL INFORMATION

The 4th NORWEGIAN KINESIO TAPING

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MAIN TOPIC:

Sports medicine and kinesio taping

Day 1: Low back and lower extremities injuries in high level sports.

Day 2: Neck, shoulder and upper extremities injuries in high level sports.

Date:

Friday April 1st: 09.00 am - 17.30 pm

Saturday April 2nd: 09.00 am - 16.30 pm

Prices:

2 days:

Registration fee: 3.400 nok (ca 358 euros)

Students: 2.900 nok (ca 305 euros)

Early Bird (registration before march 14th):

Registration fee: 3.100 nok (ca 326 euros)

Students: 2.600 nok (ca 274 euros)

1 day:

Registration fee: 1.900 nok (ca 200 euros)

Students: 1.600 nok (ca 168 euros)

Early Bird (registration before march 14th):

Registration fee: 1.700 nok (ca 179 euros)

Students: 1.400 nok (ca 147 euros)

Hotel (optional):

Single room: 1.295 nok (ca 136 euros) pr. night

Double room: 750 nok (ca 79 euros) pr. person

pr. night

Social dinner (optional):

3 courses: 495,- (ca 52 euros) pr. person

For questions regarding registration, please contact:

Døvre Event & Marketing Henrik Døvre

kongress@dovre.as

tel: +47 905 93 275

For questions regarding symposium, please contact:

AlfaCare, post@alfacare.no tel: +47 35 02 95 95

**CLICK HERE
FOR
REGISTRATION**

Friday April 1st

SCHEDULE

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09:00-10:00 Registration

10:00-10:10 Opening

Torkild Haugan

10:10-10:30

Lecture Frank Tore Jacobsen
Research and articles in 2015

10:30-11:30 Research

Stefano Frassine with students
Lucia Galli: "Kinesio Taping and Trigger Points Treatment".
Marika Testa: "EDF and Chronic LBP".
Alice Presotto: "Does Kinesio Taping lift the skin? Ultrasound evaluation of 2 different levels of tension".
Silvia Zaramella: "Reliability of Muscle Manual Direction Test: an electromyographic evaluation".

11:30-11:45 Coffee break with refreshments

11:45-12:15 Lecture/case report

Sindre Busk Witzøe
Norwegian National team in athletics – sprint.

12:15-12:55 Workshop

Konstantinos Diamantopoulos
Ankle sprain and kinesioteaping treatment approach in football.

12:55-13:55 Lunch

13:55-14:15 Research

Nina Paulsen
Effect of kinesio in weak quadriceps. RCT study.

14:15-14:45 Workshop

Pentti Pitkänen
Knee-workshop: Different taping techniques using rigid and Kinesio Tape for arthritis, ACL and PCL.

14:45-15:45 Lecture/workshop

Gudrun Collins
Kinesioteaping and bicycling.

15:45-16:00 Coffee break

16:00-17:30 Lecture/workshop

Ruben Ferreira
Kinesio Taping in high level soccer/football.

20.00

Social dinner



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Saturday April 2nd

SCHEDULE

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09:00-09:30 Lecture/workshop

Konstantinos Diamantopoulos

Clinical reasoning according to Kinesio Taping Method.

09:30-10:10 Workshop

Frank Tore Jacobsen

Live screening assessment with patient

10:10-10:30 Research

Nina Erga Skjeseth

Effect of kinesio in weak lower trapezius. RCT study.

10:30-10:45 Coffee break with refreshments

10:45-12:15 Lecture/workshop

Gaute Alstad Sunde

Rehabilitation of throwing injuries in handball.

12:15-13:15 Lunch

13:15-13.45 Lecture

Frank Tore Jacobsen

Kinesio Tape Theory – how KT influences the skin.

13:45-14:30 Research

Stefano Frassine:

How to use Kinesio Tape in different stages of injury.

14:30-15:00 Workshop

Kristian Seest

Taping of scapula and elbow - a myofascial approach.

15:00-15:15 Coffee break

15:15 – 15:35

Alberto Boschin

Kinesio Taping EDF Technique: a new proposal for CRPS syndrome

15:35-16:15

Ask the experts

16:15-16:30 Close

Torkild Haugan



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PRESENTERS

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Gudrun Collins (UK)

Gudrun was born and educated in Germany but now lives and is based in England. Gudrun is the Director of the GeeCol Sports Injury and Lymphedema Clinic, which is a Care Quality Commission (CQC) approved healthcare provider (the first in this field in UK) and registered as part of GeeCol Wellness, which she owns herself as a UK Limited Company. Within the GeeCol Clinic, Gudrun treats a wide variety of athletes including the local running team, rugby team, competitive cyclists and footballers, in addition to non-athletic clients including those with various sorts of lymphatic disorders. She also specializes in highly complex lymphatic conditions. Gudrun has many years of practical experience: in the field of Sports Injury Therapy, as a Lymphedema Specialist (trained in the Vodder and Foldi Methods), as an Equine Lymphatic Specialist (Vodder Method) and as a Lecturer in all these disciplines. Gudrun has received several nominations for her professional case studies at international level and was recently honored (in Nov 2011) by the British Lymphology Society (BLS) with the Award for Reputation & Professional Stand.



Frank Tore Jacobsen (Norway)

Frank Tore is a physical therapist from the University College of Sør-Trøndelag (Norway) and works at "Klinikk for Alle, avd. Majorstuen" where, in addition to being a physiotherapist, he also has the academic responsibility at the clinic. He has an additional interest in the fascia and myofascial connections and how this can cause musculoskeletal disorders. In this context, he finds Kinesio Tape as a wonderful tool that he combines with various manual techniques, insoles (Formthotics) and shockwave treatment to name a few modalities. Frank Tore finished his first Kinesio Taping courses through AlfaCare in 2008 and was certified Kinesio Tape instructor (CKTI) in 2009. He has held 15 courses a year and participated in all major international events in Kinesio Taping since. He has also been on the podium at several major conferences. Frank Tore is a member of kinesio international's Research Advisory Team (RAT), and have also assisted in several Scientific studies with kinesiaping.



Kristian Seest (Denmark)

Kristian has a Bachelor in Physiotherapy and is an examined sports physiotherapist and CKTI. He has worked with Kinesio Tape for about 7 years and has held numerous courses in the Kinesio Taping® Method in Denmark, as well as several workshops internationally for KTAI including at the 2013 Symposium at Stanford University. Kristian also specializes in Formthotics sole adaptation, is the co-author of "Tape dig selv" 2012 and works for Sports Pharma A/S in Denmark.



Nina Erga Skjeseth og Nina Paulsen (Norway)

Bachelor in Physiotherapy in Bergen, 2007-2010

- One year internship in Ålesund 2010-2011
- Worked as a physiotherapist in Delta Aktivt in Ålesund 2010-2013
- Started master in sports physiotherapy at the Norwegian School of Sport Sciences in Oslo in 2013
- Nina Erga Skjeseth works as a physiotherapist at Klinik For Alle Bjørvika.
- Nina Paulsen works as a physiotherapist at Gnist Trening og Helse, Haslum.



Stefano Frassine (Italy)

Stefano graduated as a rehabilitation therapist at the Ospedale di Circolo and Fondazione E. and S. Macchi di Varese in 1992 and graduated in Physiotherapy in 2006. As part of his academic career he has participated in numerous courses in Italy and abroad and specializes in rehab techniques related to sports. Since 2009 he has been Professor at the "Analysis of the Musculoskeletal System and Manual Techniques for Physiotherapy" Lugano lu.de.s University. He is also a member of the Education Committee to KTAI (Kinesio Taping® Association International).



Pentti Pitkänen (Sweden)

PT, MSc and specialist in Sports Medicine.

Long experience in clinical physiotherapy in clinic and competition/practice/teaching. Olympic games, World championship in Athletic, and a lot of different sports global and local.

Teaching Taping Techniques over 20 yy.

Owner Private Clinic in a small town in Sweden, Västerås.



Konstantinos Diamantopoulos (Greece)

Elected member of the ex.com. of Sports Physiotherapy of Panhellenic Physiotherapy Ass Physical Therapist, Certif. Instructor of Kinesiotaping. Head Physio of Asteras Tripolis F.C. Graduate from Concordia University Canada. 26 years of working experience in Orthopedic and Sports Physiotherapy, International Instructor of kinesiotaping method such as Greece, Cyprus, Sweden, Norway, Denmark, Serbia, Turkey, UAE, Saudi Arabia, Lebanon. Several presentations in Symposia and seminars as a speaker, published numerous articles in scientific periodicals.



Gaute Alstad Sunde (Norway)

Physiotherapist Trondheim Idrettsklinikk

Physiotherapist and medical coordinator Byåsen Handball Elite

Project leader technique/ motor skills Olympiatoppen Midt-Norge

Trainer/ coach for throwing technique Norwegian handball federation.



Sindre Busk Witzøe (Norway)

Sindre Busk Witzøe graduated from AECC, Bournemouth, England in 2011. He started his career at Klinikk for Alle in Bergen before returning to his birth city, Oslo, to continue his practice, currently at Klinikk for Alle Majorstuen. From starting his practice in Bergen, he's been devoted to Track and Field, working with some of the best Track and Field Clubs in Norway, as well as some of the best Norwegian T&F-athletes, both national and international. Sindre has been involved in Sports Chiropractic since before he graduated, and has since 2012 been a board member of the Norwegian Chiropractic Sports and Rehabilitation Association, currently developing the curriculum for an official education in Norway towards becoming a Sports Chiropractor. A long and extensive list of courses and seminars has made Witzøe knowledgeable in differential diagnosis, extremity treatment, sports medicine and pain treatment, which is more accessible with his latest musculoskeletal ultrasound education.

He is currently aiming to become the first Chiropractor to be an official part of the medical support team associated with a Norwegian Olympic Team in Rio 2016.



Ruben Ferreira (Portugal)

- Portuguese
- Bachelor in Physiotherapy
- Master in Orthopaedic Manual Therapy
- Certified Kinesio Taping Instructor since 2013
- Extended course workout in manual therapy and exercise
- Private Practice with Orthopaedic and Neurological Patients until 2012
- Sports Physiotherapist in several clubs
 - CDUP Rugby – one season (2010)
 - SC Braga (football) in Portugal – two seasons (until 2013)
 - Al Ahli Football Club (Dubai) – two seasons (until 2015) – 4 championship and cup titles
 - Al Jazira Sports Club (football) – present
- Awarded as part of the Best Medical Team of 2013/14 and 2014/15 seasons by the Dubai Sports Council
- Invited lecturer in several workshops about sports rehabilitation and injury prevention
- Teacher in a Post-Graduation Course: Exercise Physiology
- Owner and Co-Founder of Football Medicine® - www.footballmedicine.net
- Consultant of FIFA Medical Centre of Excellence – Porto
- Personal Physiotherapist of Simona Halep during the Dubai Duty Free Tennis Championship 2015 – Winner
- <https://ae.linkedin.com/in/rubenferreira88>

