

Course	SPORTS TAPING – LOWER LIMB (SERIES 1)
Duration	1 day
Propose Date	October 2016
Fees	RM700
Introduction	The Sports Taping workshop Series 1 is aimed to demonstrate and teach the techniques of sports taping for lower limb injuries. Among others, it describes the background of sports taping, its indications and applications. It also provides the basic skills in sports taping and becomes a preliminary workshop to the next series of workshop (Sports Taping Workshop- Series 2 - The Upper Limb).
Course Outline	<ul style="list-style-type: none"> ➤ Introduction to taping - the theory and its uses ➤ Ankle injury ➤ Demonstration of taping technique of the ankle ➤ Practical of ankle taping ➤ Knee injury ➤ Demonstration of taping technique of the knee ➤ Practical of knee taping
Course Trainer	MAJOR ASSOCIATE PROFESSOR DR ABDUL HALIM MOKHTAR M.D.