

Course	SPORTS TAPING –UPPER LIMB (SERIES 2)
Duration	1 day
Propose Date	November 2016
Fees	RM700
Introduction	The Sports Taping workshop Series 2 is continuity to Sports Taping workshop Series1 - Lower Limb. It is aimed to demonstrate and teach the techniques of sports taping for upper limb sports injuries. Among others, it describes the techniques of applying sports taping on the wrist, fingers, elbow and shoulder.
Course Outline	<ul style="list-style-type: none"> ➤ Revision on basic Sports Taping ➤ Wrist and finger injury ➤ Demonstration of taping technique of the wrist and finger ➤ Practical of wrist and finger taping ➤ Elbow injury ➤ Demonstration of taping technique of the elbow ➤ Practical of elbow taping ➤ Shoulder injury ➤ Demonstration of taping technique of the shoulder ➤ Practical of shoulder taping
Course Trainer	MAJOR ASSOCIATE PROFESSOR DR ABDUL HALIM MOKHTAR M.D.