Session Program -
Spotlight on Physical Therapy Modalities

Moderator: Eytana Tabacaru, M.Sc.

Kinesio Taping EDF in the Rehab Field.

Dr. Kenzo Kase, Founder of the method.

Almost 40 years ago the Kinesio Taping Method was introduced as a method of muscle and joint support for patients healing from soft tissue injuries. Pain relief was also reported by patients as an important effect of being treated with Kinesio Taping. The traditional Kinesio Taping Method relied on single strips of tape 2 inches wide applied over muscles and joints with varying degrees of tension. The tape was thought to lift the skin and promote increased lymph fluid flow. The newer EDF therapy utilizes thin strips of tape, less than .25 inches wide, applied with little or no tension and layered over each other. It is theorized that the lighter tape tension on the skin creates a greater lifting effect on the micro layers of the skin, separating the epidermis from the dermis and facilitating more effective functioning of the capillaries by decompressing them. Evidence from ultrasound studies will be reviewed showing the increased space in the tissues after application of Kinesio tape to the skin. The decrease in post-operative patient reported pain levels and use of narcotic pain medication resulting from use of the EDF therapy will also be reviewed.
Feel in Mind - Putting the Sensory System at the Focus of Rehabilitation.

Hadas Ofek (Barkol), M.Sc., Physical therapist, PhD student, Department of Physical Therapy, University of Haifa, Israel.

In the first part of this mini-course, an evidence based review of theoretical approaches and treatment methods for sensory rehabilitation will be given. The importance of sensory input (internal feedback) within motor skills training will be discussed. New and longstanding tools for sensory assessment and treatment will be presented, with reference to different sensory learning approaches and different sensory modalities. The advantages of treatment will be discussed.

Sensory deficits in individuals with neurologic impairment severely affect treatment efficacy and lead to poorer motor performance. Thus, sensory impairments lead to decreases in functional use of the upper limbs, reduced mobility, reduced gait adaptability and therefore, to increased incidence of falls.

Therapeutic interventions to improve activity levels and participation abilities have been developed. These interventions address both body functions and the activity; however, their focus within body functions is not on sensory performance. Moreover, interventions at the activity domain, for example task-specific training, emphasize the motor aspects of the training and the organization of practice; although there is evidence that the specificity of the sensory feedback and the challenges for the sensory systems are equally important.

In this mini-course, we will demonstrate methods for incorporating sensory aspects into the rehabilitation regimen. We will present evidence-based approaches and reveal actual tools for sensory assessment and treatment. Our overall aim is to open a window to further implementation of these methods in rehab clinical practice.

*Suggested reading:*


**Kinesio Taping and Sensory Re-education in Rehab Clinical Practice.**

Open Discussion – Moderator, Lecturers and Audience.