

"Kinesio Taping for lymphoedema" Workshop
Presenter: Thuy Bridges, PhysioWISE, NSW.

This workshop has been specifically tailored to suit the requirements of lymphoedema therapists. The participants will be provided with an understanding of what Kinesio Tape is and how it works. The mechanism of action of Kinesio Tape is ideally suited to the primary management strategies for lymphoedema: pressure system management and the movement of fluid through alternative pathways. A number of techniques relating specifically to lymphoedema will be workshopped including fan-taping for the upper or lower limb and a lymphatic re-routing application. Contraindications and specific information for lymphoedema applications will also be covered. At the completion of the workshop, the participants will have enough information to be able to use these preliminary Kinesio Taping applications on their clients.

Physiotherapist Thuy Bridges is the director of PhysioWISE, two Sydney based physiotherapy clinics. She has been using and refining Kinesio Taping techniques since its introduction to Australia in 2004 and is a leader in the clinical applications of Kinesio Tape within the context of other therapy modalities. Thuy is the most experienced Internationally Accredited Kinesio Taping Instructor in Australasia and in addition to the standard Kinesio Taping method she has developed her own lymphoedema-specific Kinesio Taping techniques which she (and others she has trained) has used with great success.