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# Learning Objectives

MedBridge

*TheraBand® Kinesiology Tape: Research and Methods*

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## Chapter 1: Research

- Identify different types of clinical tape
- Learn the history of kinesiology taping
- Identify theories behind kinesiology taping

## Chapter 2: Interpreting the Literature

- Learn key points in interpreting literature
- Understand the difference between clinical and statistical significance
- Learn the importance of the effect size and confidence intervals

## Chapter 3: Research Outcomes and Tension

- Learn the results of meta-analysis of kinesiology taping
- Identify various outcomes and evidence supporting kinesiology taping
- Understand the evidence supporting tension in kinesiology taping

## Chapter 4: TheraBand Method

- Learn how to use the XactStretch technology of TheraBand kinesiology tape
- Implement the TheraBand Kinesiology taping method
- Identify the appropriate tension to apply for specific outcomes