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# Learning Objectives

MedBridge

*TheraBand® Kinesiology Tape: Basic Applications of the Upper Quarter*

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## Chapter 1: Introduction to Cuts and Patterns

- Identify the different types of kinesiology tape cuts and patterns
- Identify clinical conditions that may benefit from kinesiology taping based on the literature
- Learn different factors associated with applying kinesiology tape

## Chapter 2: Interpreting the Literature

- Identify key anatomical landmarks in the neck
- Properly apply kinesiology tape for muscle support in the neck
- Properly apply kinesiology tape for joint support in the neck

## Chapter 3: Research Outcomes and Tension

- Identify key anatomical landmarks in the shoulder and upper back
- Properly apply kinesiology tape for muscle support in the shoulder and upper back
- Properly apply kinesiology tape for joint support in the shoulder and upper back

## Chapter 4: TheraBand Method

- Identify key anatomical landmarks in the elbow/wrist/hand
- Properly apply kinesiology tape for muscle support in the elbow/wrist/hand
- Properly apply kinesiology tape for joint support in the elbow/wrist/hand