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Event Details	
Event Name	**Sports Taping: From Principles to Practice**
Association or collaboration agencies	**SSIP, IIIC, CFE, Rajkot Physiotherapy Association**
Event Date	**29th January 2026 | From 9:00 AM onwards**
Event Place	**School of Physiotherapy, RK University, Rajkot**
Number of Participants	**60**
The Objective of the Event	• **Provide a strong conceptual foundation in sports taping principles** • **Enhance practical competence in various taping techniques** • **Enable participants to apply taping techniques effectively for injury prevention, pain modulation, and functional support** • **Improve clinical decision-making through region-specific and sports-based taping applications**

Focus areas	Description

Description cum Executive Summary with pictures of an Event
 	
+
 	
Event Highlights:
	The pre-conference workshop on **"Sports Taping: From Principles to Practice"** was conducted as a hands-on, skill-based Continuing Professional Education programme. The workshop focused on bridging theoretical knowledge with practical clinical application of sports taping techniques.
	
	The resource person **Dr. Dulan Kodikara (PT), Federation University, Australia**, delivered step-by-step demonstrations followed by guided practice sessions, ensuring active participant engagement. Emphasis was placed on correct technique selection, application precision, and clinical reasoning behind each taping method.
	
	Key Highlights
	
	• Principles and biomechanics of **sports taping**
	• Application of **Rigid taping** techniques
	• **Elastic (Kinesiology) taping** for functional support
	• **Functional taping** approaches for dynamic activities
	• Taping for **injury prevention and pain modulation**
	• Joint stabilization and **postural correction strategies**
	• Region-specific taping for:
	  ○ Ankle
	  ○ Knee
	  ○ Shoulder
	  ○ Elbow
	  ○ Wrist

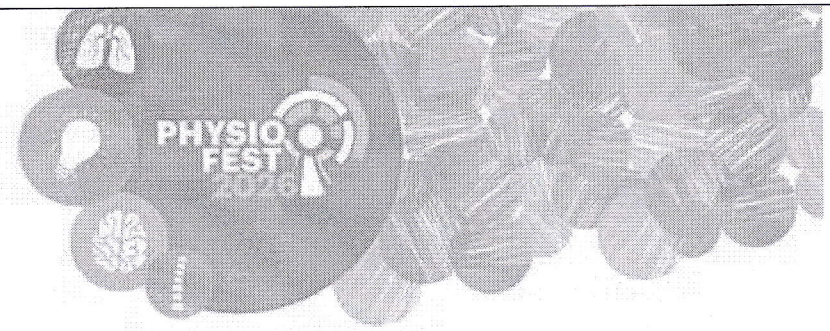
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	○ Hip • Sports-based and clinical **case discussions** The workshop was attended by physiotherapy students who sought to strengthen their practical and clinical taping skills. It also benefited sports physiotherapists and clinical practitioners involved in injury prevention At the conclusion of the workshop, participants demonstrated: • Improved understanding of **taping principles and indications** • Enhanced hands-on skills in **rigid, elastic, and functional taping** • Increased confidence in applying taping techniques across **multiple joints and sports conditions** • Better clinical reasoning for selecting appropriate taping strategies based on patient and activity demands
Participant List	• **Total Attendees: 60**
Winner / Ranker List	NA
Feedback and Surveys:	1. Strengths to retain: Masterclasses + overall conference quality + scientific events (all mean scores > 4.3/5). 2. Primary improvement opportunity: Cultural program (highest "Fair" count) + minor scheduling refinement (neutral/disagree group). 3. Growth lever for 2027 attendance: Improve session flow + cultural experience + participant engagement to convert the "Maybe" group into "Yes".
Media and Coverage:	• A dedicated website and digital registration portal were developed for Preconference Workshop

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16th PHYSIOTHERAPY SUMMIT
AN INTERNATIONAL CONFERENCE

GSAHC (Gujarat State Allied and Healthcare Council) Approved

Pre Conference CPE

SPORTS TAPING
from Principles to Practice

January 29, 2026 | 9:00 AM onwards



Resource Person

Dr. Dulan Kodikara (PT)

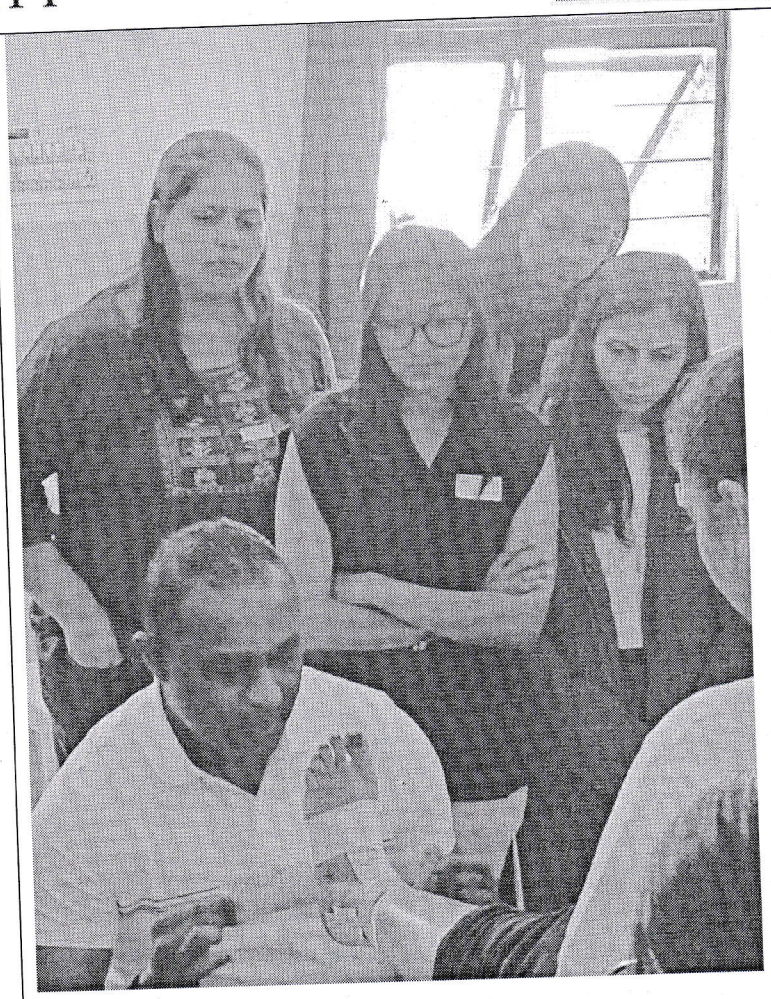
Discipline of Physiotherapy -
Institute of Health and Wellbeing
Federation University, Australia



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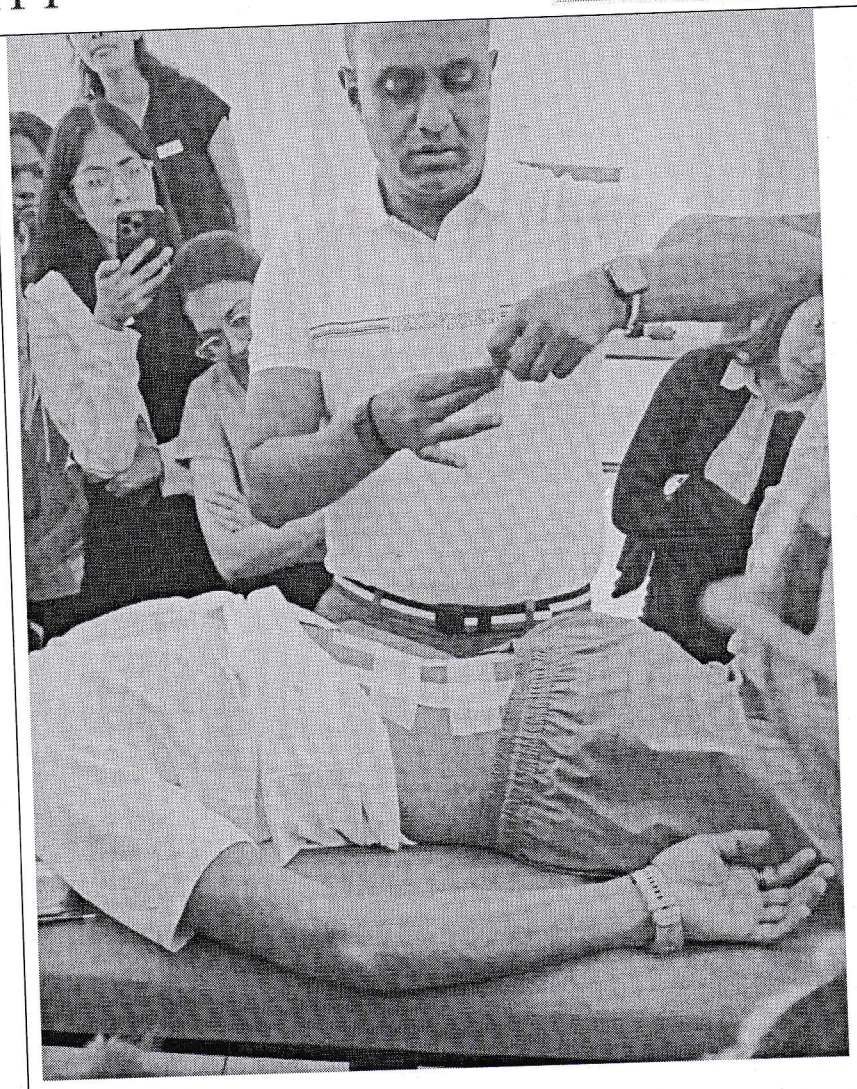
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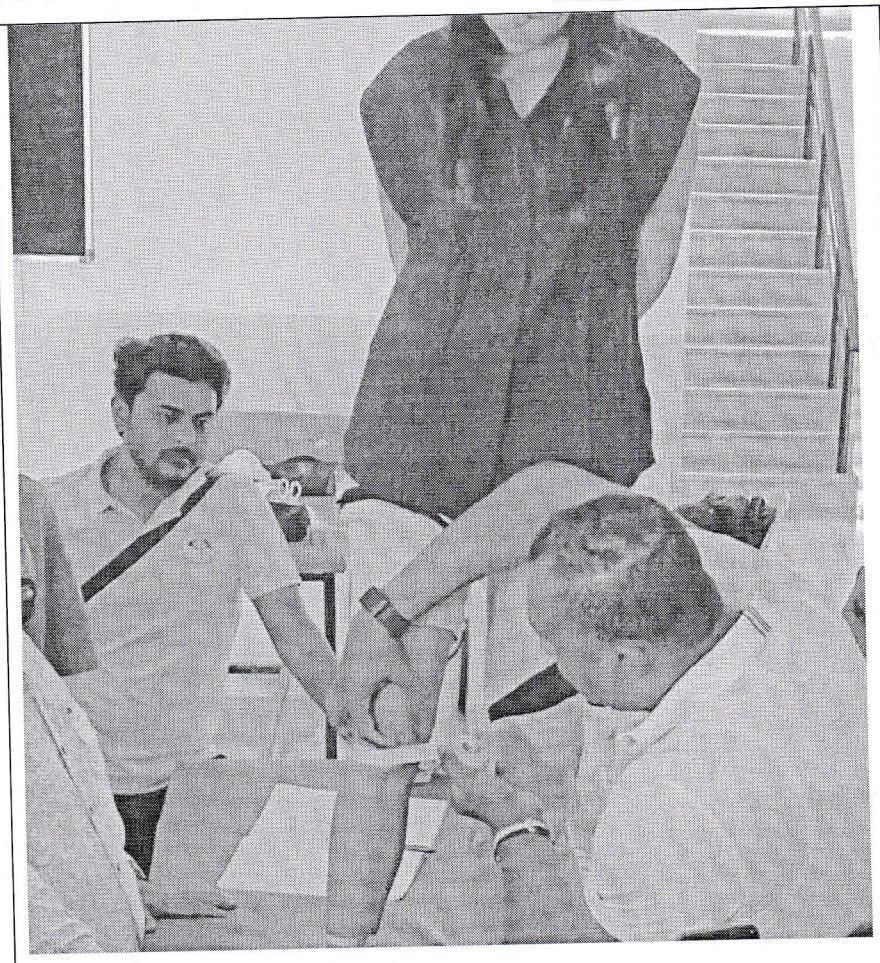
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- **Social Media Promotion** was extensively carried out via Instagram, Facebook, LinkedIn, and Twitter.
- Photos and session highlights were shared in real-time.
- Media coverage included event glimpses by local press and allied health platforms.

Acknowledgements:

The School of Physiotherapy, RK University, Rajkot, sincerely acknowledges and expresses heartfelt gratitude to **Dr. Dulan Kodikara (PT), Federation University, Australia**, for sharing his expertise and delivering an insightful and hands-on pre-conference CPE workshop on sports taping. His academic depth and practical approach significantly enriched the learning experience of all participants.

Director, School of Physiotherapy, also extend their sincere thanks to the **Gujarat State Allied and Healthcare Council (GSAHC)** for granting approval to conduct the Continuing Professional Education program. Gratitude was expressed to the university leadership, faculty members, coordinators, and student volunteers of the School of Physiotherapy, RK University, whose dedicated

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	efforts ensured the smooth and successful execution of the workshop.

Event Organiser
Dr. Amit sharma

Director
Dr Amit Sharma

DIRECTOR
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