

Workshop on Use of K-Taping for women's health

Instructor:
Ms. Anne Pape

She has nearly 20 years of experience in K-Taping and has been one of the K-Taping Academy instructors for the past 15 years. She teaches courses in Physiotherapy, Occupational Therapy, Pediatrics, and Women's Health.

AIMS: To equip midwives with foundational knowledge and practical skills for K-Taping therapy

OBJECTIVE:

1. Understand the theory of K-taping application and removal.
2. Understand how to apply and remove K-tapes correctly.

CONTENT:

1. Basic functions and effects of K-Taping,
 - Overview of K-Taping mechanisms
 - The four application techniques (Muscle, ligament, corrective and lymphatic)
2. General principles
 - Contraindications
 - Tape application and removal
 - Taping techniques
 - Corrective tapes



3. Indications for taping during pregnancy, postpartum and for gynaecological problems
 - Low back pain
 - SIJ syndrome
 - Carpal tunnel syndrome
 - Neck muscle tension
 - Oedema and lymphoedema of the legs
 - Pubic symphysis instability
 - Postnatal recovery
 - Breast engorgement
 - Scar taping following caesarean section
 - Postural correction
 - Menstrual problems
 - Micturition problems
 - Uterine prolapse

Two Identical Sessions:

29 November 2026 (Sunday) | 30 November 2026 (Monday)

Time: 10:00 – 17:30 Venue: D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai, Hong Kong

Assessment: Conducted on-site during the workshop by Instructor Ms. Anne Pape

Teaching Medium : English Scan code to join membership **Class Size** : 22

Target Participants : Registered Midwives  **CNE / CEM Point** : 6 Points

Fee : HKD2,400 (Member); HKD3,600 (Non-Member) **Advanced Practice Course** (*Pending*)

Award : e-Attendance Certificate will be issued to those with 100% attendance

Payment Method: Please enroll by using the QR code and make the payment within 7 days of your enrolment, or your application will be cancelled. All course fees are not refundable / transferable.

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D1, 13/F, Hyde Centre,
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Hong Kong

**Online
Application**



Scan Here

Enrolment Deadline: 10 November 2026

(First-come, first-served)

Enquiry: ☎ 2893 8800

Course content may be updated and please refer to our website for the latest information.