

## ÖGHT Kurs „Treating without Pain“

<b>Datum:</b>	<b>Kurs 1</b>	08. – 09. Juni 2026
	<b>Kurs 2</b>	10. – 11. Juni 2026
<b>Kursort:</b>	Fortbildungsakademie für therapeutische Berufe Linz Scharitzerstraße 8 4020 Linz <a href="http://www.fortbildungsakademie.at">www.fortbildungsakademie.at</a>	
<b>Kurszeiten:</b>	Tag 1	9 <sup>00</sup> – 18 <sup>00</sup> Uhr
	Tag 2	8 <sup>00</sup> – 17 <sup>00</sup> Uhr
<b>Kurssprache:</b>	Englisch	
<b>Referentin:</b>	Alison Taylor OTR/L, CHT, CKTI, NTDC <a href="http://www.handtherapyed.com">www.handtherapyed.com</a> YOUTUBE: Hand Therapy Education FACEBOOK: Kinesioalisonataylor LINKEDIN: Alison Taylor	



Alison Taylor graduated as an Occupational Therapist from Sydney University in Australia in 1990. She earned her Certified Hand Therapist (CHT) designation in 2001 and her Kinesiotaping instructor certification in 2011.

Alison has presented at 8 American Society of Hand Therapists (ASHT) conferences and multiple state and national OT/ PT conferences. She has been an invited speaker for all 4 International Hand Conferences and was the keynote speaker at APFSSH/APFSHT in Singapore 2023.

Additionally, Alison has guest lectured at several renowned Occupational Therapy (OT) and Athletic Training Coordinator (ATC) university programs. She travels nationally and internationally to teach her treatment concepts, particularly her approach, "Treating Without Pain."

Alison has published journal articles on pain, scars, and nerve compression and has contributed to book chapters on hand and upper extremity therapy. Currently, she is developing protocols for elbow fractures, tendonitis, and nerve impairments.

Alison currently works in sports rehabilitation, treating professional and collegiate athletes and is developing new protocols for elbow diagnoses including fractures and epicondylitis.

### **Kursbeschreibung:**

This course is designed to explore current treatment concepts for the hand and upper extremity/ UE, including Kinesio Taping, Mobilization with Motion „MWM“, cupping, and instrument assisted soft tissue massage „IASTM“.

It will teach you how to treat without pain and start to assess the patient from the perspective of the 4 S's- Skin, Scar, Sensation and Swelling.

Discussion and demonstration of how fascia, muscle imbalance and joint alignment can contribute to pain and ROM, will be integrated throughout the course. Outside the box thinking, including, joint positioning and alignment, Kinesio Taping, and skin/fascial mobilization will all be demonstrated.

There will also be extensive lab time which will allow participants to gain a hands-on knowledge of how these techniques can assist with upper extremity rehabilitation.

### **Ziel des Kurses:**

Participants will gain a preliminary knowledge of all the concepts, and how they relate to the practice of Hand Therapy. They will be immediately able to apply these concepts on patients with success.

1. Determine how the 4 S's (Skin, Scar, Sensation and Swelling) contribute to pain in the upper extremity
2. Understanding of how muscle imbalance and alignment can contribute to pain in the upper extremity
3. Utilize manual and soft tissue techniques to improve patient outcomes
4. Understanding the philosophy of and basic concepts of Taping and MWM
5. Learn basic joint positioning and corrections to reduce pain in common diagnoses
6. Pick up some " PEARLS" for treating without pain

**Zielgruppe:** Ergotherapeut\*innen, Physiotherapeut\*innen

**Voraussetzung:** absolvierter Tapingkurs

### **Empfehlenswert mitzubringen sind:**

- ✓ Anatomiebücher
- ✓ Tapeschere
- ✓ ärmelloses T-Shirt (für den Praxisteil Taping)

**TN-Zahl:** mind. 16 TN/ max. 24 TN

**Kosten:** ÖGHT Mitglieder € 405,-- (inkl. Skriptum und Pausenverpflegung)  
Nichtmitglieder € 460,-- (inkl. Skriptum und Pausenverpflegung)

**Anmeldeschluss:** **30.03.2026**

**Bitte schicken Sie das Anmeldeformular | per Post** an: Österreichische Gesellschaft für Handtherapie ÖGHT, Holzmeistergasse 7-9, 1210 Wien oder **| per Fax:** (01) 8974358 oder **| per Mail:** [office@oeght.at](mailto:office@oeght.at)