

*KTA® Turkey Presents
Kinesio® Medical Taping International
Research Symposium in Partnership
with Istanbul Atlas University
October 02-04, 2026*



Kinesio® Medical Taping International Research Symposium

*Istanbul Atlas University, Turkey
October 2-4, 2026*

Chairman of the Congress: Professor Gul Baltaci, PT.Ph.D.CKTI.

Local Organization Committee

Professor Nihan Kafa, PT.Ph.D.
Professor İbrahim Engin Simsek, PT.Ph.D.
Professor Berkiye Kirmizigil, PT.Ph.D.CKTI.
Assoc. Professor Umut Ziya Kocak, PT.Ph.D.CKTI.
Assoc. Professor Leyla Eraslan, PT.Ph.D.
Assoc. Professor Hilal Denizoglu Kulli, PT.Ph.D.
Assoc. Professor Hikmet Ucgun, PT.Ph.D.
Assoc. Professor Meltem Kaya, PT.Ph.D.
Damla Deniz, PT.Ph.D.

Social Committee

Assist. Professor Ilknur Ezgi Dogan, PT.Ph.D.
Irem Tamer, PT,MSc.
Onur Turan, PT,MSc.
Sena Ondes, PT,MSc.
Beyzanur Yumak, PT,MSc.
Cagri Alan, PT.

Scientific Committee:

Audrey Yasukawa
Berkiye Kirmizigil
Can A. Yucesoy
Dalibor Kiseljak
Derya Ozer Kaya
Ghazi Sharhan

Gudrun Collins
Gul Baltaci
Gul Deniz Yilmaz Yelvar
Hikmet Ucgun
Hilal Denizoglu Kulli
İbrahim Engin Simsek
Ilknur Ezgi Dogan
Kamil Yazicioglu
Leyla Eraslan
Massimo Zocchi
Meltem Kaya
Nevin Aysel Guzel
Nihan Kafa
Nihan Ozunlu Pekiavas
Pam Samineigo
Pinar Borman
Stefano Frassini
Takayoshi Kawamoto
Trish Martin
Troy Lavigne
Umut Ziya Kocak

KTAI Team

Elisa Kase
Yukari Takeda
Mona Angel
Danielle Sanchez
Stefano Frassine, PT, CKTI, Lead of Kinesio University

Dear Esteemed Colleagues and Distinguished Guests,

It is with great pleasure and honour that we welcome you to the Kinesio Medical Taping International Research Symposium, hosted by our university in 2026, 2-4 October.

This prestigious international gathering will bring together leading researchers, clinicians, and professionals from around the world to explore the latest advancements, share innovative practices, and foster interdisciplinary collaborations in the field of Kinesio and therapeutic taping.

As the Rector of Istanbul Atlas University, I would be delighted to see you among us at this remarkable event, where science, practice, and global dialogue will converge in an inspiring academic atmosphere.

We look forward to welcoming you to our campus and to an unforgettable congress experience.

With warm regards,

Prof. Ersoy KOCABIÇAK, MD.

Rector

Istanbul Atlas University

On behalf of the Kinesio Taping Association® Turkey, we are delighted to invite you to the Kinesio® Medical Taping International Research Symposium, taking place October 2-4, 2026, in İstanbul, a unique city both historically, and culturally.

With the slogan “Tape the World”, Dr. Kenzo Kase®, the inventor of Kinesio® Tape, has always visited it 3 times and found the beautiful and mystical city of unique Istanbul awaits you.

Istanbul, a city famous for its dynamic energy and the charm that unites the East and West of the World, offers the perfect setting for this important meeting. With its iconic architecture, rich cultural heritage and world-class cuisine, Istanbul offers an inspiring environment for collaboration, learning and networking. It is a city of dreams, hosting the capitals of 4 empires: Rome, East Rome (Byzantium), Latin, and Ottoman. Whether exploring historical masterpieces from the Ottoman Empire, visiting the historical areas and museums dating back to the IVth century, touring the modern architecture of the young and dynamic Ataturk’s Turkey, enjoying the vibrant local gastronomy or taking a magnificent Bosphorus cruise, and enjoying the 24 hours of the daily and nightlife of İstanbul, a city which never sleeps participants will experience the city’s unique fusion of tradition and innovation. We are preparing a social program which, we hope, will satisfy your wishes.

We are also working very hard to prepare a very attractive scientific program. We would like to cover all new areas of our Specialty from the most experienced colleagues. This meeting will bring together distinguished speakers, researchers and clinicians from around the world to explore the latest developments in Kinesio Taping® and will represent a unique collaboration between leading universities, associations and clinics from different regions. We are proud to host such a multi-center/multi-disciplinary event and provide the opportunity to advance collective knowledge, improve patient outcomes and strengthen Kinesio® Medical Taping globally. The program will feature new science, late-breaking clinical trials, and critical discussions on the latest advancements in Kinesio® Medical Taping. This congress is an exceptional opportunity to engage with experts in the field, make meaningful connections, exchange knowledge, and further your professional growth. We are particularly committed to supporting early career investigators by providing valuable opportunities for mentorship, networking, and development.

We strongly welcome all of you to join in this well-organized International Symposium of Kinesio® Medical Taping Research in İstanbul to participate actively, teach, learn, and enjoy Istanbul with your colleagues and families.

We look forward to welcoming you to İstanbul Atlas University in October 2026 for an unforgettable congress that will drive the future of Kinesio® Medical Taping.

Professor Gul Baltaci, PT.Ph.D.
President of the Symposium





Research Symposium Agenda

DAY 1

Friday October 02, 2026
8:30am-6:00pm

8:30-9:30am	Registration and Opening <i>KTA Turkey and Stefano Frassine</i>
9:30-9:45am	Opening Ceremony
9:45-10:00am	In Memory of Dr. Kase and Jim Wallis <i>Video- Stefano Frassine</i>
10:00-10:30am	KEYNOTE LECTURE- Research on Muscular Mechanics within the context of Fascial Integrity and Its implications for Kinesio® Taping <i>Can A. Yucesoy</i>
10:30-11:00am	BREAK
11:00-12:40pm	MULTI-THEORETICAL LECTURES <i>Moderators: Can A. Yucesoy & Stefano Frassine</i>
11:00-11:30am	How Kinesio® Tape Works at Brain Level? : Theoretical Model <i>Massimo Zocchi</i>
11:30-11:50am	Does Kinesio® Tape Really Increase The Epidermal- Dermal Distance? A Histological Study <i>Nihan Karatas</i>
11:50-12:40pm	Update on Kinesio® Taping for Pediatrics <i>Trish Martin and Audrey Yasukawa</i>
12:40-2:00pm	LUNCH

2:00-2:20pm	Immediate Effect on Pain and ROM After Applying Kinesio Taping® to an Osteoarthritic Knee with Grade IV Patellofemoral Chondropathy. <i>Txema Aguirre</i>
2:20-2:40pm	Placebo Kinesio Taping® Application in Randomized Placebo-Controlled Trials: A Systematic Review <i>Dalibor Kiseljak</i>
2:40-3:00pm	Kinesio Taping® for the Overhead Athlete's Shoulder: Systematic Review and the Evidence Gap Map <i>Elif Turgut</i>
3:00-3:20pm	Navigating the Diagnostic Labyrinth of Fascia Disorders: Successful Management with Kinesio Taping® After Multiple Specialist Referrals <i>Kenneth Wutoh</i>
3:20-3:40pm	DISCUSSION: QUESTION AND ANSWER <i>Moderators: Massimo Zocchi and Pinar Borman</i>
3:40-4:00pm	BREAK
4:00-5:00pm	WORKSHOP: Kinesio Taping® Pediatrics <i>Trish Martin and Audrey Yasukawa</i>
4:00-5:00pm	WORKSHOP: Kinesio® Medical Taping (EDF®) for Recovery with Sports Injury: Evidence-Based Clinical Applications for Functional Recovery <i>Stefano Frassine and Gul Baltaci</i>
5:00-6:00pm	WORKSHOP: Cutaneous Mechanotransduction, Affective Touch, and Clinical Outcomes: A Neurophysiological Model for Kinesio Taping® <i>Troy Lavigne</i>
5:00-6:00pm	WORKSHOP: Lymphedema Lymphedema for Upper Extremity <i>Pinar Borman</i> Lymphedema for Lower Extremity <i>Kamil yazicioglu</i>
7:30pm	SOCIAL DINNER

8:30-9:00am	Sign In/Out <i>KTA Turkey</i>
9:00-10:30am	Scientific Evidences in Clinical Practice and Expertise <i>Moderators: Berkiye Kirmizigil & Kamil Yazicioglu</i>
9:00-9:30am	From Assessment to Efficacy: The AI Evolution in Kinesio Taping® <i>Orhan Öztürk & Umut Ziya Koçak</i>
9:30-9:50am	Effects of Kinesio® Tape Classic Application on Quadriceps Muscle Function <i>Shun Hanada</i>
9:50-10:10am	Taking on the Challenge of Practical Kinesio Taping® Assessment <i>Takayoshi Kawamoto</i>
10:10-10:30am	Which Technique is the Best for Symptoms: Fascia, Oedema, Pain and Why? <i>Kostas Diamontoupolis</i>
10:30-11:00am	BREAK
11:00-11:50am	4 Case Studies- Round Table <i>Moderators: Gul Baltaci & Leyla Eraslan</i>
11:00-11:10am	Kinesio® Medical Taping (KMT®) as an Alternative Pain Modality (APM) in an Older Adult with Acute-on-Chronic Pancreatitis <i>Amanda Papay</i>
11:10-11:20am	High-Tension Kinesio Taping® as a "Flexible Cast" in the Management of MRI-Confirmed Muscle Rupture: A Two-Case Clinical Report <i>Dragan Dimitrijević</i>
11:20-11:30am	Kinesio Taping® for Knee Contusion in a Hiker on Mount Kilimanjaro: A Case Report <i>Michael Pridham</i>
11:30-11:45	Lymphedema Kinesio Taping® Post Mastectomy <i>Gudrun Collins</i>

11:45-11:55am

Clinical Outcomes of Kinesio Taping on the Tibialis Anterior and Gastrocnemius Muscles as an Adjunct to an Exercise Program in a 4.5-Year-Old Child with Idiopathic Toe-Walking

Nisa Dila Guder

11:55-12:00pm

Discussion- Question and Answer

12:00-1:30pm

LUNCH

1:30-3:00pm

6 Research Studies- Round Table

Moderators: Elif Turgut and Gul Deniz Yilmaz Yelvar

1:30-1:45pm

The Effect of Kinesio Taping® Following Platelet-Rich Plasma on Pain and Function in Women with Knee Osteoarthritis: A Randomized Controlled Trial

Kubra Ayse Dasdemir

1:45-2:00pm

Acute Effects of Strong Kinesio Taping® and Sham Taping on Shoulder Isokinetic Rotator Muscle Performance in Asymptomatic Basketball Players

Nazli Busra Cigercioglu

2:00-2:15pm

The Effect of Tensioned and Non-Tensioned Kinesio Taping® on Oxygenation of the Peroneus Longus Muscle: A Near-Infrared Spectroscopy Study

Nevin Atalay Guzel

2:15-2:30pm

Effects of Stabilization Exercises and Kinesio Taping® on Cervical Muscle Performance in Women with Forward Head Posture

Pinar Basbug

2:30-2:45pm

The Impact Of Combining Kinesio Taping® with Orthopedic Manipulative Physical Therapy on Regaining and Maintaining Lumbar Facet Mobility in Patients with Low Back Pain: An Exploratory Pilot Study

Gerry and Lalaine Catapang

2:45-3:00pm

Effect of a Rehabilitation Program With or Without Kinesio Taping® on Shoulder Pain and Function After Mastectomy in Women With Breast Cancer

Ghazi Sharhan

3:00-3:15pm	DISCUSSION: QUESTION AND ANSWER- Round Table
3:15-3:45pm	BREAK
3:45-5:15pm	6 Research Studies- Round Table <i>Moderators: Hilal Denizoglu Kulli & Engin Simsek</i>
3:45-4:00pm	Immediate Effect of Gastrocnemius Kinesio Taping® on Static Balance Control <i>Hermes Romero</i>
4:00-4:15pm	Effects of Two Different Kinesio Taping® Methods on Balance in Individuals with Pes Planus <i>Irem Tamer</i>
4:15-4:30pm	Comparison of Fiber-Aligned Strains and Principal Strains in the Tibialis Anterior Following Kinesio Taping® <i>Can A. Yucesoy</i>
4:30-4:45pm	Accuracy And Consistency Of Physiotherapists In Application Of Tape Tension: Preliminary Results Of An Observational Study On Kinesio Taping® Practitioners With Different Experience Levels <i>Dilara Bal</i>
4:45-5:00pm	Effects of Different Kinesio Taping® Applications on Tissue Stiffness, Pain and Function in Patients with Myofascial Pain Syndrome <i>Nihan Karatas</i>
5:00-5:15pm	Acute Effects of a Novel "Cupping Taping" Technique on Skin Temperature Over the Deltoid Muscle: A Thermal Imaging Study <i>Umut Ziya Kocak</i>
5:15-5:30pm	EFFECTS OF KINESIO TAPING COMBINED WITH PILATES EXERCISES ON CORE MUSCLES, COGNITION, AND MENTAL FATIGUE IN INDIVIDUALS WITH NON-SPECIFIC LOW BACK PAIN <i>ILAYDA DILAN ISIK</i>
5:30pm	CLOSING CEREMONY

DAY 3

Sunday October 04, 2026

9:00-12:00pm

9:00-9:30am

Sign In/Out

KTA Turkey

9:30-10:30M

WORKSHOP: Kinesio Taping® Pediatrics

Trish Martin and Audrey Yasukawa

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Stefano Frassine and Gul Baltaci

10:30-12:00PM

WORKSHOP: Cutaneous Mechanotransduction, Affective Touch, and Clinical Outcomes: A Neurophysiological Model for Kinesio Taping®

Troy Lavigne

10:30-12:00PM

WORKSHOP: Lymphedema

Lymphedema for Upper Extremity *Pinar Borman*
Lymphedema for Lower Extremity *Kamil Yazicioglu*

12:00PM

CLOSING

Thank You for Joining Us!

