

Day 1: May 28, 2019 8:00am - 5:30pm

IASTM Practitioner Certification explores the fundamentals of modern IASTM techniques through a full day of interactive labs. Learn how to combine IASTM and functional movement to produce the kinds of active treatment strategies that are revolutionizing rehab. Practice treatments you can use the next day for fascial restrictions, ROM, scarring and more.

Outline

PRINCIPLES OF INSTRUMENT-ASSISTED SOFT TISSUE MOBILIZATION (60 MINUTES)

- Movement, mobility, and motor control
 - Movement Pyramid framework
- Fascial anatomy/physiology
 - Physiological/neurological effects of instrument-assisted techniques
- The IASTM blueprint
 - Graded exposure system
 - Tissue tolerance concept

FUNCTIONAL MOVEMENT SCREENING (60 MINUTES)

- Sagittal, frontal, and transverse plane patterns
- Common problems associated with a faulty planar movement pattern
- Ripple effect

👉 Hands-On Lab

FUNDAMENTAL IASTM TECHNIQUES AND TREATMENT STRATEGIES (60 MINUTES)

- Treatment strokes
 - Vectors, rate, and time under manipulation
 - Planar motion and fascial lines
 - Evaluating up- and downstream from target area
- Integrating manual therapy, taping, and movement
 - Corrective exercise strategies
 - Improving stability following mobility enhancement
 - Kinesiology taping to complement tool assisted therapy
 - Myofascial gliding and release
- Comprehensive strategies for improving function and performance

👉 Hands-On Lab

ADVANCED TIPS FOR AVOIDING COMMON IASTM MISTAKES (60 MINUTES)

- Preventing bruising and redness
- Preventing hand fatigue
- Maintaining control of tools when using emollient creams

👉 Hands-On Lab

APPLYING IASTM EFFECTIVELY WITH YOUR PATIENTS (60 MINUTES)

- Upper body
 - Cervical sprain/strain
 - Lumbar sprain/strain
 - Rotator cuff tendinosis/itis
 - Lateral & medial epicondylitis/itis
 - Carpal tunnel syndrome
 - Trigger finger
- Lower body
 - Patellofemoral disorders
 - Shin splints
 - Achilles tendinosis/itis
 - Plantar fasciitis
 - Scar tissue

👉 Hands-On Lab

CASE STUDIES AND PROBLEM SOLVING (60 MINUTES)

Objectives

- Describe the myofascial sequencing model
- Identify theoretical constructs behind the science of IASTM
- Discuss the neuroanatomy of skin and the fascial subsystem
- Demonstrate movement screening techniques to identify faulty motor patterns
- Practice IASTM techniques in conjunction with kinesiology taping and functional movement
- Apply IASTM treatments for acute and chronic injuries, pain modulation, scar tissue and many conditions affecting the upper and lower body, utilizing methods that prevent bruising and hand fatigue

Day 2: May 29, 2019 8:00am - 3:30pm

Myofascial Cupping Practitioner Certification teaches the fundamentals of modern cupping techniques through a full day of interactive labs. Learn how to combine cupping and functional movement to produce the kinds of active treatment strategies that are revolutionizing rehab.

Outline

PRINCIPLES OF MYOFASCIAL CUPPING (60 minutes)

- Movement, mobility, and motor control
 - Movement Pyramid framework
- Fascial anatomy/physiology
- Physiological/neurological effects of cupping techniques
- Current literature related to cupping techniques
 - Blood flow, fascial gliding, and the nervous system
- Indications, contraindications, and application safety

SKIN/FASCIAL SCREENING (60 minutes)

👉 Hands-On Lab

FUNDAMENTAL CUPPING TECHNIQUES AND TREATMENT STRATEGIES (60 minutes)

- Direction and pressure
- Decompression/compression forces
- External/internal glide methods
- Graded exposure techniques
- Sensory-motor retraining
- Integrating corrective exercise

👉 Hands-On Lab

Objectives

- Review the principles of myofascial cupping and supporting evidence.
- Describe the physiological and neurological effects of cupping.
- Demonstrate how to apply cupping for best results.
- Compare and contrast common cupping techniques and review indications/contraindications for each.
- Demonstrate how cupping techniques can be combined with corrective exercise to improve pain, sprains/strains, swelling, tendinopathies, and more.
- Develop cupping applications based on your assessment/treatment approach and the individual needs of your patient.

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TWO DAYS - TWO CERTIFICATIONS!



IASTM Practitioner Certification

Honolulu, HI • Tuesday, May 28, 2019

Myofascial Cupping Practitioner Certification

Honolulu, HI • Wednesday, May 29, 2019

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TWO DAYS - TWO CERTIFICATIONS!



IASTM Practitioner Certification

Honolulu, HI • Tuesday, May 28, 2019

Become a **Certified Instrument-Assisted Soft Tissue Mobilization (IASTM) Practitioner in this hands-on course**, and learn everything you need to know to begin offering IASTM services the next day.

Myofascial Cupping Practitioner Certification

Honolulu, HI • Wednesday, May 29, 2019

Become a **Certified Myofascial Cupping Practitioner in this hands-on course**, and learn everything you need to know to begin offering cupping services the next day.

- ✔ **Boost your credentials** without going back to school
- ✔ **Proven techniques** that get results fast
- ✔ **Learn effective treatments** for pain, fascial restrictions, range of motion and more



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PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance online registration required.**



Until now, choices were limited if you wanted to incorporate tools into your practice.

You had to buy expensive tools and attend an expensive class that locked you into one way of applying techniques.

Not anymore. Taught by industry-leading experts in movement assessment and therapy, these hands-on certification programs equip you with all the skills you'll need to begin using IASTM and Cupping with your patients tomorrow – without spending thousands on equipment.

Register for a class and join the ranks of FMT Certified Practitioners.

Have your tools delivered to the course and **SAVE!**

Myofascial Cupping Starter Kit



Forget complicated pumps and hoses - RockPods are designed to easily unlock entirely new ways to unstuck and manipulate fascia to reduce pain, improve range of motion and increase athletic performance. Increase effectiveness and provide immediate relief with RockSauce Fire and RockSauce Ice - powerful muscle & joint pain relief topical.

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Kit Includes one of each:
RockPods Cupping Set
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\$700 **\$350**

- The Mallet
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ROCKBLADES MOHAWK



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[patent pending]
- ABS/Polycarbonate comb attachment
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- RockRub emollient
- QuickStart guide
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Speaker

MEGHAN HELWIG PT, DPT, is an experienced outpatient orthopedic clinician based out of Carlsbad, CA, where she owns and manages Primal Strength Physical Therapy. Since graduating with her Doctorate of Physical Therapy from Rutgers University in 2009, she has earned numerous certifications as a trained provider of Full Body Active Release Technique (ART), Selective Functional Movement Assessment (SFMA), and Neurokinetic Therapy (NKT3). In addition, she is a trained practitioner in IASTM, kinesiology taping, and performance movement techniques through RockTape, for whom she conducts national trainings.

Speaker Disclosure:

Financial: Meghan Helwig maintains a private practice. She receives a speaking honorarium from RockTape. Dr. Helwig receives a speaking honorarium from PESI, Inc.

Non-financial: Meghan Helwig has no relevant non-financial relationships to disclose.

Who Should Attend

- Physical Therapists/PTAs
- Occupational Therapists/OTAs
- Athletic Trainers
- Massage Therapists
- Personal Trainers

Seminar Schedule:

Day 1: May 28, 2019

IASTM Practitioner Certification

Registration: 7:30 a.m. (coffee & tea provided)

Seminar Begins: 8:00 a.m.

Lunch Break: 1 hour (on your own)

Seminar Ends: 5:30 p.m.

Day 2: May 29, 2019

Myofascial Cupping Practitioner Certification

Registration: 7:30 a.m. (coffee & tea provided)

Seminar Begins: 8:00 a.m.

Lunch Break: 1 hour (on your own)

Seminar Ends: 3:30 p.m.

There will be two 15-min breaks (mid-morning & mid-afternoon).

Actual lunch and break start times are at the discretion of the speaker.

A more detailed schedule is available upon request.

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CERTIFICATION SERIES

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- Pediatric Kinesiology Taping Certification
- Geriatric Kinesiology Taping Certification
- IASTM Practitioner Certification
- Advanced IASTM Practitioner Certification
- Myofascial Cupping Practitioner Certification
- Compression Band Flossing Practitioner Certification

Questions? Call customer service at **800-844-8260**

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ATHLETIC TRAINERS: PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 8.0 hours of Category A continuing education for IASTM Practitioner Certification; of 6.0 hours of Category A continuing education for Myofascial Cupping Practitioner Certification or a total of 14.0 hours of Category A for both days.

PERSONAL TRAINERS: These courses have been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

MESSAGE THERAPISTS: PESI, Inc. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #1808. This course is offered for 9.5 CE hours for IASTM Practitioner Certification; 7.0 CE hours for Myofascial Cupping Practitioner Certification or a combined total of 16.5 CE hours for both days. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advanced online registration required.*
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesirehab.com/ students or call 800-844-8260 for details.

Advance registration required. Cannot be combined with other discounts.

Seminar on DVD Package:

You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

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OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance for IASTM Practitioner Certification course qualifies for 8.0 contact hours or .8 CEUs in the Category of Domain of OT and Occupational Therapy Process. Full attendance at Myofascial Cupping Practitioner Certification qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Full attendance at both days of this course qualifies for 14.0 contact hours or 1.4 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:

IASTM Practitioner Certification consists of 8.0 clock hours of instruction that is applicable for physical therapists. Myofascial Cupping Practitioner Certification consists of 6.0 clock hours of instruction that is applicable for physical therapists. Attending both days of this activity consists of 14.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

HAWAII PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: Applications have been submitted to the Hawaii Board of Physical Therapy. CCUs are pending the Board's review.

OTHER PROFESSIONS: IASTM Practitioner Certification qualifies for 480 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Myofascial Cupping Practitioner Certification qualifies for 360 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Attending both days of this activity qualifies for 840 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



How to Register:

2-DAY IASTM PRACTITIONER CERTIFICATION AND MYOFASCIAL CUPPING PRACTITIONER CERTIFICATION
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Myofascial Cupping Practitioner Certification

____ Seminar on DVD* (video) \$199.99 (RNV020855)

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