

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

APPLYING CUPPING EFFECTIVELY
(120 minutes)

- Upper extremity and arm fascial chains
- Lower extremity and leg fascial chains
- Core, trunk, lumbopelvic regions, and long fascial chains
- Hip, trunk, rib cage, diaphragm, and neck
- Condition-specific applications
- Progression and regression protocol

Hands-On Lab

CASE STUDIES AND PROBLEM SOLVING
(60 minutes)

Case Studies

Who Should Attend

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

What to Wear

Please wear comfortable and loose clothing for labs. Shorts and tank tops are recommended.

Live Seminar Schedule

7:30: Registration/Morning Coffee & Tea

8:00: Program begins

Lunch: 1 hour (on your own)

3:30: Program ends

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.



HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Celestee Roufs at croufs@pesi.com or 715-855-5229.

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Myofascial Cupping Practitioner Certification

Harrisburg, PA Monday May 13, 2019	Bethlehem, PA Tuesday May 14, 2019	King of Prussia, PA Wednesday May 15, 2019
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Movement is key to all healing, whether you are working with an elite athlete or someone recovering from a car crash.

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- Myofascial Cupping Practitioner Certification
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Myofascial Cupping Practitioner Certification

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
- ✔ **Practice proven cupping techniques** that get results fast
- ✔ **Learn effective treatments** for pain, sprains/strains, swelling, tendinopathies, and more
- ✔ **Grow your business and join an elite network** of therapists and trainers



This event is a member of RockTape's Functional Movement Techniques (FMT) Certification Series.

Harrisburg, PA
Monday
May 13, 2019

Bethlehem, PA
Tuesday
May 14, 2019

King of Prussia, PA
Wednesday
May 15, 2019



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A Non-Profit Organization Connecting Knowledge with Need Since 1979

Become a Certified Myofascial Cupping Practitioner in this hands-on course powered by RockTape, and boost your credentials as you learn everything you need to know to offer cupping services the next day.

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. Discover effective cupping treatments you can use for pain, sprains/strains, swelling, tendinopathies, and more.

Speaker

MIKE STELLA, ATC, CES, PES, GT, FMT, is a Certified Athletic Trainer, Corrective Exercise Specialist, and Performance Enhancement Specialist who is dedicated to helping all athletes and people overcome injuries and functional limitations. Mike has served as an athletic trainer for the Florida Gators Football and Track & Field teams, assisting in all facets of sports medicine, including injury evaluation, treatment, and rehabilitation. While with the Gators, Mike developed his affinity for manual therapies, honing his skills with some of the best athletes, coaches, and multidisciplinary medical staff in the nation. After his time at Florida, Mike was hired as the rehabilitation coordinator and athletic trainer at George Washington University. Since then, Mike has seen time at other NCAA Division 1 universities, as well as in the private sector at the US Athletic Training Center. He then started Recovery Lab, a unique membership-based sports medicine model in Syosset, NY. Mike is a Marist College graduate with a Bachelor of Science Degree in sports medicine and athletic training. He also holds a Master’s Degree in sports management from George Washington University.

Speaker Disclosure:
Financial: Mike Stella is the founder of Recovery Lab. He receives a speaking honorarium from PESI, Inc.
Non-financial: Mike Stella has no relevant non-financial relationships to disclose.

- 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.

Questions? Call customer service at 800-844-8260

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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 profession's standards.

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OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 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: This activity consists of 6.0 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.

PENNSYLVANIA PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Pennsylvania State Board of Physical Therapy. Approval pending.

OTHER PROFESSIONS: This activity qualifies for 360 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

MYOFASCIAL CUPPING PRACTITIONER CERTIFICATION
Questions? Visit www.pesirehab.com/faqs, or call 800-844-8260

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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

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