Outline

PRINCIPLES OF MYOFASCIAL CUPPING

- 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
- 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

- 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.



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.





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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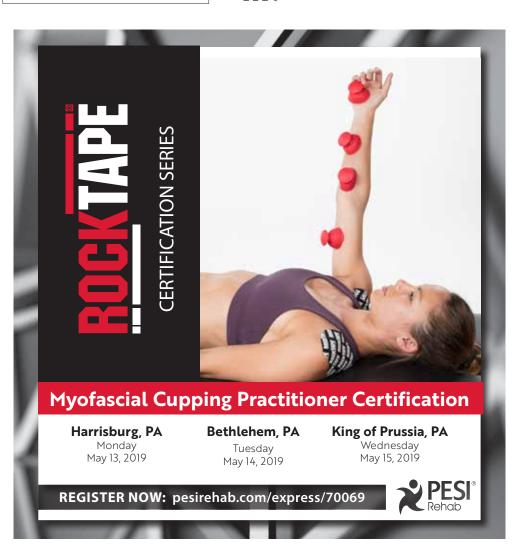
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Myofascial Cupping Practitioner Certification

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.

- ✓ Learn effective treatments for pain, sprains/strains, swelling, tendinopathies, and more
- therapists and trainers



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

Harrisburg, PA May 13, 2019

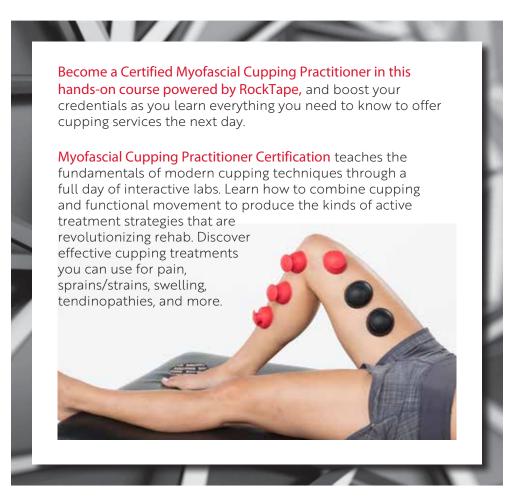
Bethlehem, PA Tuesday May 14, 2019

King of Prussia, PA Wednesday May 15, 2019



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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.

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RockPods Cupping Set RockSauce Fire RockSauce Ice

Forget complicated pumps and hoses - RockPods are designed to easily unlock entirely new ways to unstick and manipulate facia 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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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 activitie that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's 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 6.0 hours of Category A continuing education



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MASSAGE 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 7.0 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given

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/fags, or call 800-844-8260

	ONLINE	0	Please complete entire form (to notify you of seminar changes):
ı	pesirehab.com/express/70069		please print; staple duplicate forms.

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3 Check tuition:

TUITION with seminar manual

☐ **\$249.99** early registration* *postmarked 3 weeks prior to seminar date

☐ **\$279.99** standard

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*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI**, **Inc**

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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.
ı	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

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• 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.

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