

## Outline

### PRINCIPLES OF INSTRUMENT-ASSISTED SOFT TISSUE MOBILIZATION

- ◆ 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
  - Feed the brain

### FUNCTIONAL MOVEMENT SCREENING

- ◆ 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

- ◆ Treatment strokes
  - Vectors, rate, and time under manipulation
  - Planar motion and fascial lines
  - Evaluating up- and downstream from target area
- ◆ Integrate 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

- ◆ Prevent bruising and redness
- ◆ Prevent hand fatigue
- ◆ Maintain control of tools when using emollient creams

 Hands-On Lab

### APPLY IASTM EFFECTIVELY WITH YOUR PATIENTS

- ◆ 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
- ◆ Fibromyalgia

 Hands-On Lab

### CODING AND DOCUMENTATION FOR REIMBURSEMENT

### CASE STUDIES AND PROBLEM SOLVING

## Who Should Attend

- ◆ Physical Therapists
- ◆ Physical Therapist Assistants
- ◆ Massage Therapists
- ◆ Occupational Therapists
- ◆ Occupational Therapy Assistants
- ◆ Athletic Trainers
- ◆ Personal Trainers

## Live Seminar Schedule

**7:30:** Registration/Morning Coffee & Tea

**8:00:** Program begins

**Lunch:** 1 hour (on your own)

**5:30:** 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.

## What to Wear

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

### Questions?

Call customer service at 800-844-8260

This program is a member of RockTape's Functional Movement Techniques (FMT) Certification Series. No previous FMT coursework is required to attend.



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# IASTM Practitioner Certification

## Combining Instrument-Assisted Soft Tissue Mobilization & Movement to Improve Function & Performance

### Learn gentle yet effective IASTM treatments for:

- Lumbar sprain/strain
- Cervical sprain/strain
- Fibromyalgia
- Shin splints
- Achilles tendinosis/itis
- Rotator cuff tendinosis/itis
- Plantar fasciitis
- Scar tissue
- Carpal tunnel syndrome
- Trigger finger
- Patellofemoral disorders
- Lateral & medial epicondylitis/itis
- Women's health (post-mastectomy & cesarean scarring)

**Appleton, WI**  
Wednesday  
December 19, 2018

**Madison, WI**  
Thursday  
December 20, 2018

**Brookfield, WI**  
Friday  
December 21, 2018

REGISTER NOW: [pesirehab.com/express/66416](http://pesirehab.com/express/66416)



Become a Certified Instrument-Assisted Soft Tissue Mobilization (IASTM) Practitioner in this hands-on, 8-hour seminar powered by RockTape

# IASTM Practitioner Certification

## Combining Instrument-Assisted Soft Tissue Mobilization & Movement to Improve Function & Performance



Thanks for making IASTM more affordable/accessible. I will immediately incorporate these techniques into treatment of movement dysfunctions.  
- Ivanka, PT



I'm so excited to be able to offer this in my practice!  
- Lori, DC



Great presentation! I work with weightlifting athletes as well as the geriatric population. This will save my hands and help me identify dysfunctions of mobility and stability in all aspects.  
- Russell, LMT, PTA

## Learn gentle yet effective IASTM techniques to address scar tissue and fascial restrictions, eliminate pain, restore ROM, and accelerate recovery

### Topics include:

- Evidence-based IASTM techniques
- Functional movement screening
- Myofascial gliding and release
- Complementary taping techniques
- Therapeutic exercises
- Cutting-edge IASTM and functional movement treatment strategies
- Neurosensory modulation
- Problem solving and practitioner ergonomics
- Coding/documentation for reimbursement

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# Welcome to the Future of IASTM

Until now, choices were limited if you wanted to integrate Instrument-Assisted Soft Tissue Mobilization (IASTM) into your patient care. You had to buy expensive tools and attend an expensive class that locked you into one way of utilizing IASTM.

Not anymore.

This hands-on certification program equips you with all the skills you'll need to begin using IASTM with patients across the continuum of care - without spending thousands on equipment. Explore the fundamentals of modern IASTM techniques, and learn how to combine IASTM and functional movement to produce the kinds of active treatment strategies that are revolutionizing rehab. Discover cutting-edge treatments that integrate the latest neuroscience research, and take home highly effective clinical applications of IASTM to improve function and performance with your patients. Instructed by industry-leading clinicians, hands-on labs throughout the program will show you how to get impressive results without aggressive techniques - your patients (and your hands) will thank you!

## Speaker



**TONY MIKLA, DPT, MSPT, CSCS**, is a physical therapist, Certified Strength and Conditioning Specialist, and USA Track and Field Certified Coach with over 15 years of experience. Dr. Mikla is the manager of physical therapy for EXOS in Phoenix, AZ (formerly Athletes Performance) and the founder of Theraflix, LLC, a web-based resource for PT's and their patients. Over his career, he has worked as a consultant for professional teams in the MLB and NBA, as well as individual athletes including Olympic Champions, MMA Champions, PGA Tour Professionals, U.S. Military Special Operators, and athletes from the NBA, MLB, NFL, and NHL. He has published numerous articles on training and rehabilitation and kinetic linking for performance. Dr. Mikla has presented nationally for the APTA, NATA, and NSCA conferences. He has been an instructor for a long term sports medicine course in Northern California, and guest instructor at Sacramento State University and University of the Pacific PT programs. He serves as adjunct clinical faculty for the Northern Arizona University PT Program. Dr. Mikla was a finalist for the 2014 NSCA Sports Medicine Rehabilitation Specialist of the Year.

**Speaker Disclosure:**  
Financial: Tony Mikla is CEO of Kime Human Performance Institute. He receives a speaking honorarium from RockTape. Dr. Mikla receives a speaking honorarium from PESI, Inc.  
Non-financial: Tony Mikla is a member of the National Strength and Conditioning Association; and the NSCA Southwest Region Advisory Board.

## Objectives

- ◆ Review the principles and physiological/neurological effects of Instrument Assisted Soft Tissue Mobilization (IASTM).
- ◆ Demonstrate movement screening techniques to identify faulty motor patterns.
- ◆ Demonstrate fundamental IASTM treatment techniques and comprehensive strategies for improving function and performance.
- ◆ Practice fundamental IASTM techniques in conjunction with kinesiology taping, manual therapy, and functional movement.
- ◆ Integrate advanced strategies for preventing bruising, redness, and hand fatigue during IASTM treatments.
- ◆ Practice IASTM treatments for the upper body and lower body.
- ◆ Practice IASTM treatments for scar tissue and fibromyalgia.
- ◆ Develop IASTM applications based on your assessment/treatment approach and the individual needs of your patient.



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 Orion Tarpley at [otarpley@pesi.com](mailto:otarpley@pesi.com) or 715-855-5262.



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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 registration by phone required.**

## Live Seminar Continuing Education Credit Information

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**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](mailto: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.

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**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPIST ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 8.0 contact hours or .8 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 8.0 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.

**WISCONSIN PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Wisconsin Physical Therapy Association. Credit is pending.

**OTHER PROFESSIONS:** This activity qualifies for 480 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

IASTM PRACTITIONER CERTIFICATION  
Questions? Visit [www.pesirehab.com/faqs](http://www.pesirehab.com/faqs), or call 800-844-8260

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**1 Please complete entire form** (to notify you of seminar changes):  
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**2 Check location:** (make copy of locations)

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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**

- **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. Advance registration by phone required.
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 10 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/faqs](http://www.pesirehab.com/faqs) or call 800-844-8260 for details. **Advance registration required.** Cannot be combined with other discounts.

**3 Check tuition:**  
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**4 Indicate method of payment:**  
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\_\_\_ **\$350\* RockBlades 2.0 - Complete Soft Tissue IASTM System** (OEQ085640)

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