

## 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**

## Who Should Attend

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

## What to Wear

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

### Questions?

Call customer service at 800-844-8260

### 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

## 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.

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



**FREE CE**

**ONLINE COURSE**

**Introductory Survival Spanish for Healthcare Providers**

Up to 1 CE HOUR

**HURRY** OFFER EXPIRES January 15, 2018

[rehab.pesi.com/freespanish](http://rehab.pesi.com/freespanish)

NON-PROFIT ORGANIZATION  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

**Bring any training in-house!**

Convenient • Cost-Effective • Customizable

*for more information, contact Sharon Sanders*  
**ssanders@pesi.com**

PESI Rehab  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

# 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)

**Blue Ash, OH**  
Monday  
February 18, 2019

**Columbus, OH**  
Tuesday  
February 19, 2019

**Fort Wayne, IN**  
Wednesday  
February 20, 2019

**REGISTER NOW: [pesirehab.com/express/67400](http://pesirehab.com/express/67400)**



**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

**Blue Ash, OH**  
Monday  
February 18, 2019

**Columbus, OH**  
Tuesday  
February 19, 2019

**Fort Wayne, IN**  
Wednesday  
February 20, 2019



A NON-PROFIT ORGANIZATION  
CONNECTING KNOWLEDGE  
WITH NEED SINCE 1979  
[www.pesirehab.com](http://www.pesirehab.com)



**REGISTER NOW: [pesirehab.com/express/67400](http://pesirehab.com/express/67400)**

# 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



**ABBY PERONE, DC, CES, FMT, CF-L1**, is a practitioner who focuses on movement-based soft-tissue injuries, ranging from sports injuries to chronic pain. After earning her Doctorate in Chiropractic from Parker University, Dr. Perone served as Airrosti's Director of Active Care Development and subsequently as Director Training & Clinical Projects. While serving in those roles, Dr. Perone had the opportunity to onboard and teach over 250 clinical treatment team members how to evaluate musculoskeletal injury, identify the cause of movement dysfunction, and how to rapidly and effectively get patients out of pain. Additionally, Dr. Perone has an extensive background working with CrossFit™ athletes and CrossFit™ injuries, having served on the CrossFit™ Regionals and CrossFit™ Games Athlete Services Medical Teams for several years.

Currently, Dr. Perone co-owns CrossFit Love and a group of practices, called Love Health. In these practices, their mission is to "Keep people moving, living, and loving with a focus on movement, personalized medicine, sleep management, and community." These practices are interdisciplinary and focus on addressing the mechanical, chemical, and psychosocial sources of pain. Also, as a part-time clinician of EXOS, Dr. Perone is able to deliver rehabilitation services to patients undergoing physician-led regenerative medicine treatments

**Speaker Disclosure:**  
Financial: Dr. Abby Perone has an employment relationship with Airrosti Rehab Center, LLC. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Dr. Abby Perone has no relevant non-financial relationships to disclose.

## 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.



**SAVE UP TO 50% ORDER TODAY [ FREE SHIPPING WHEN ORDERED WITH YOUR SEMINAR REGISTRATION ]**

Kinesiology Tape by ROCKTAPE	ROCKBLADES PRO by ROCKTAPE											
<ul style="list-style-type: none"> <li>• Ultra-strong and sticky <b>LASTS 2-7 DAYS!</b></li> <li>• 180% stretch for full range of motion</li> <li>• Water-resistant and hypoallergenic</li> </ul>	<ul style="list-style-type: none"> <li>• The Mallet [ a stainless-steel, 9-in-1 in-clinic multi-tool ]</li> <li>• The Mullet [ a stainless-steel, 10-in-1 travel multi-tool ]</li> <li>• Sturdy travel case</li> <li>• RockRub emollient cream</li> <li>• Sanitizing skin-prep wipes</li> </ul>											
<table border="1" style="font-size: small;"> <tr><td>2" x 16.4' - beige:</td><td>\$20</td><td><b>\$15</b></td></tr> <tr><td>4" x 16.4' - beige:</td><td>\$40</td><td><b>\$25</b></td></tr> <tr><td>2" x 105' - beige:</td><td>\$120</td><td><b>\$75</b></td></tr> </table>	2" x 16.4' - beige:	\$20	<b>\$15</b>	4" x 16.4' - beige:	\$40	<b>\$25</b>	2" x 105' - beige:	\$120	<b>\$75</b>	<table border="1" style="font-size: small;"> <tr><td><del>\$700</del></td><td><b>\$350</b></td></tr> </table>	<del>\$700</del>	<b>\$350</b>
2" x 16.4' - beige:	\$20	<b>\$15</b>										
4" x 16.4' - beige:	\$40	<b>\$25</b>										
2" x 105' - beige:	\$120	<b>\$75</b>										
<del>\$700</del>	<b>\$350</b>											

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

**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](http://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.



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

**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](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.

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.



**PERSONAL TRAINERS:** This course has been approved by the National Academy of Sports Medicine (NASM-BOC) for 0.8 CEUs. PESI, Inc. Provider Number is 544.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY 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 .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 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.

**INDIANA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Indiana Chapter, American Physical Therapy Association for review. Please contact our customer service department for the most current information.

**KENTUCKY PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Kentucky Physical Therapy Association for review.

**OHIO PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Ohio Physical Therapy Association for review. 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

### ONLINE

[pesirehab.com/express/67400](http://pesirehab.com/express/67400)

### PHONE

**800-844-8260**  
Please have credit card available

### FAX

**800-554-9775**

### MAIL

PESI Rehab  
PO BOX 1000  
Eau Claire, WI  
54702-1000

**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

**Mail Code:** \_\_\_\_\_  
*See mail code box on address panel on reverse side*

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept./Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

\*E-mail address \_\_\_\_\_

\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

**2 Check location:** (make copy of locations)

**BLUE ASH, OH** 67400BAS  
**February 18, 2019**  
Embassy Suites Hotel NE  
4554 Lake Forest Dr • 45242  
(513) 733-8900

**COLUMBUS, OH** 67400COS  
**February 19, 2019**  
Crowne Plaza North  
6500 DoubleTree Ave • 43229  
(614) 885-1885

**FORT WAYNE, IN** 67400FWA  
**February 20, 2019**  
Hilton Garden Inn Fort Wayne  
8615 US 24 West • 46804  
(260) 435-1777

## Register now!

[pesirehab.com/express/67400](http://pesirehab.com/express/67400)

### 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/students](http://www.pesirehab.com/students) or call 800-844-8260 for details. **Advance registration required.** Cannot be combined with other discounts.

PLEASE RETURN ENTIRE REGISTRATION FORM

**3 Check tuition:**

**TUITION with seminar manual**  
 **\$249.99** early registration\*  
*\*postmarked 3 weeks prior to seminar date*  
 **\$279.99** standard

### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!  
 **\$15\* Kinesiology Tape** [2" x 16.4" - beige]  
 **\$25\* Kinesiology Tape** [4" x 16.4" - beige]  
 **\$75\* Kinesiology Tape** [2" x 105" - beige]  
 **\$350\* RockBlades 2.0 - Complete Soft Tissue IASTM System**  
*\*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.**

MC 16 digits     VISA 13-16 digits     AE 15 digits     Discover Novus 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #: \_\_\_\_\_

Signature \_\_\_\_\_  
*(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)  
(\*American Express: 4-digit # above account # on face of card.)*

### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

#### IASTM Practitioner Certification

\_\_\_ Seminar on DVD\* (video) \$199.99 (RNV020653)  
\_\_\_ **\$15\* Kinesiology Tape** [2" x 16.4" - beige] (OEQ085645)  
\_\_\_ **\$25\* Kinesiology Tape** [4" x 16.4" - beige] (OEQ085650)  
\_\_\_ **\$75\* Kinesiology Tape** [2" x 105" - beige] (OEQ085655)  
\_\_\_ **\$350\* RockBlades 2.0 - Complete Soft Tissue IASTM System** (OEQ085640)

\*Shipping is \$6.95 first item + \$2.00 each add'l item. Product total \$ \_\_\_\_\_

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR. \*Shipping \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
**\*\*Tax** \_\_\_\_\_  
**TOTAL** \_\_\_\_\_