

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

What to Wear

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

Questions?

Call customer service at
800-844-8260

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.



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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)

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



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



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.

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 Orion Tarpley at otarpley@pesi.com or 715-855-5262.

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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 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.

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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 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, or call 800-844-8260

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

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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 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.
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3 Check tuition: TUITION with seminar manual

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- ☐ **\$279.99** standard

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- ☐ **\$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).

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- ___ **\$350* RockBlades 2.0 - Complete Soft Tissue IASTM System** (OEQ085640)

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