

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

Outline

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)

Knoxville, TN
Wednesday
February 20, 2019

Chattanooga, TN
Thursday
February 21, 2019

Atlanta, GA
Friday
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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

JENNIFER HUTTON, PT, DPT, practices at Vanderbilt Children's Hospital in Nashville, Tennessee, treating pediatric populations with developmental delays as well as neurological and orthopedic diagnoses. Additionally, she serves as lead physical therapist in a regional combined specialty hip clinic, which offers preoperative and postoperative rehabilitation programs for local patients of all ages.

A graduate of Loma Linda University’s doctoral program, she has attained numerous professional certifications over the course of her career, from Selective Functional Movement Assessment (SFMA) and Functional Movement System (FMS) to Myodetox Level 1 (manual therapy). In her free time, she is involved in several community efforts for children with disabilities, such as volunteering for modified triathlons, building adaptive bicycles, and planning adaptive sports camps. Jennifer truly enjoys working with children and believes that helping them achieve their independence while empowering them to move better will be pivotal as they progress in life.

Speaker Disclosure: Financial: Jennifer Hutton has an employment relationship with Vanderbilt Children’s Hospital. She receives a speaking honorarium from PESI, Inc.

Non-financial: Jennifer Hutton has no relevant non-financial relationship to disclose.

Objectives

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



HAVE A SEMINAR IDEA?

A MANUSCRIPT TO PUBLISH?

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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 professions standards.

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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.

GEORGIA PHYSICAL THERAPISTS: This course has been submitted to the Physical Therapy Association of Georgia (PTAG).

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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

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