

## 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)

**Buffalo, NY**  
Monday  
March 11, 2019

**Rochester, NY**  
Tuesday  
March 12, 2019

**Syracuse, NY**  
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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

**JESSICA HILL, PT, DPT, CSCS**, is a physical therapist who received her BA in biology and psychology at Dartmouth College. She completed her professional training at Simmons College where she earned her Masters Degree in physical therapy and her Clinical Doctorate Degree in physical therapy in 2002. She is a Certified Strength & Conditioning Specialist (CSCS) through the National Strength & Conditioning Association, certified Specialized Functional Movement Assessment (SFMA) level 1 practitioner, certified Functional Movement Screen (FMS) level 1 practitioner, and a certified Functional Movement Techniques provider through RockTape. Dr. Hill has 15 years of clinical experience in general orthopedics, sports medicine, industrial rehabilitation, pre-/post-surgical care, performance enhancement, wellness training, and injury prevention. She works with patients of all ages and across all activity levels from highly sedentary people to highly active populations including national caliber/professional/semi-pro/collegiate athletes, extreme and ultra-athletes, law enforcement, and military. Dr. Hill co-founded a group of highly successful outpatient physical therapy practices in VT before starting a solo, concierge practice in NYC.

Dr. Hill evaluates and treats with a whole-body approach that combines knowledge and understanding of localized anatomy and function within the context of full body structure, function, and movement patterns. She works to restore compromised mobility, strength, stability, and movement patterning through a variety of manual techniques, IASTM, active modalities, progressive exercise, taping, and education. She enjoys solid rapport with her patients and clients, clinical problem-solving, and watching her patients and clients progress to the activities they need to do, want to do, and aspire to do.

Dr. Hill is a self-professed "biomechanics, kinetic chain, fascial train, feed the brain enthusiast" who never tires of learning new treatment and training techniques, perspectives, and the latest the medical literature has to offer. She is an avid skier (telemark), cyclist, ice hockey player, photographer, and outdoor enthusiast. She will read anything an arm's length away. She lives by the guiding principle to, "Always leave it better than I found it, regardless of what it is."

### Speaker Disclosure:

Financial: Jessica Hill maintains a private practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Jessica Hill has no relevant non-financial relationships 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?

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 **Celestee Roufs** at [croufs@pesi.com](mailto:croufs@pesi.com) or 715-855-5229.

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### 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.



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**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 5522. 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.

**NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 9.6 Contact Hours.

**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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**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.

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*Cannot be combined with other discounts.*

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*please print; staple duplicate forms.*

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**4 Indicate method of payment:**

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### CAN'T ATTEND THE SEMINAR?

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- \_\_\_ **\$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 \$ \_\_\_\_\_

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