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

Integrate manual therapy, taping, and movement

Corrective exercise strategies

Improving stability following mobility

Kinesiology taping to complement tool assisted therapy

Comprehensive strategies for improving function and performance

Myofascial gliding and release

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 epicondylosis/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.

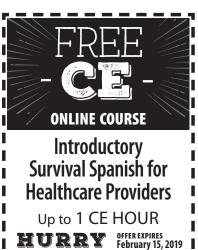
What to Wear

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

Ouestions?

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

Buffalo, NY Monday March 11, 2019

Rochester, NY Tuesday March 12, 2019

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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

Fopics 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
- 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.



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