

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)

Fort Worth, TX
Monday
March 4, 2019

Denton, TX
Tuesday
March 5, 2019

Dallas, TX
Wednesday
March 6, 2019

Shreveport, LA
Thursday
March 7, 2019

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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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Monday
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March 6, 2019

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Tuesday
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Shreveport, LA

Thursday
March 7, 2019



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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

DANNY PORCELLI, DC, attended Parker College of Chiropractic in Dallas Texas where he obtained a Doctorate in chiropractic medicine and a B.S. in health and wellness. Prior to attending Parker he received a B.S. in psychology from the University of Central Florida, Orlando. Dr. Porcelli was selected to be a treating physician at the 2010 Central American Games in Bogota Colombia and treated the speed skaters and Para-Olympic triathletes. He was also selected for the 2013 & 2014 CrossFit™ Games and CrossFit South East Regionals. He has coordinated the athlete services for CrossFit events such as Wodapalooza, Thunderdome, and Box Battles.

Dr. Porcelli is the primary chiropractic physician and owner of XOC Chiropractic in Naples, FL. He combines joint mobilization, soft tissue treatments, and corrective exercises to obtain fast, effective and lasting results. He holds advanced certifications in soft tissue mobilization techniques such as Active Release Therapy and (ART) Graston Technique. He broke his back in the summer of 2006 and has since dedicated himself to educating and inspiring people to learn more their body and its great potential to perform, adapt, and heal.

Speaker Disclosure:

Financial: Danny Porcelli maintains a private practice. He receives a speaking honorarium from PESI, Inc. Non-financial: Danny Porcelli 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 Celestee Roufs at croufs@pesi.com or 715-855-5229.

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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

IASTM PRACTITIONER CERTIFICATION

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

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