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



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

> **Ouestions?** Call customer service at 800-844-8260

ADVANCED TIPS FOR AVOIDING COMMON IASTM MISTAKES

- Prevent bruising and redness
- Prevent hand fatigue
- Maintain control of tools when using emollient creams

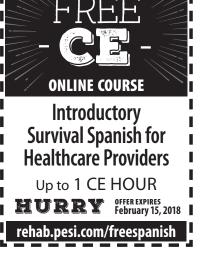
APPLY IASTM EFFECTIVELY WITH YOUR PATIENTS

- Upper body
- Cervical sprain/strain
- Lumbar sprain/strain
- Rotator cuff tendinosis/itis
- Lateral & medial epicondvlosis/itis
- Carpal tunnel syndrome
- Trigger finger
- Lower body • Patellofemoral disorders
- Shin splints
- Achilles tendinosis/itis
- Plantar fasciitis
- Scar tissue
- Fibromyalgia



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Combining Instrument-Assisted Soft Tissue Mobilization & Movement to Improve Function & Performance

Learn gentle yet effective IASTM treatments for:

- Lumbar sprain/strain Rotator cuff tendinosis/itis
- Cervical sprain/strain Plantar fasciitis
- Fibromyalgia
- Shin splints Carpal tunnel syndrome
- Achilles tendinosis/itis Trigger finger

Scar tissue

- Dallas, TX Wednesday





Denton, **TX** Tuesday March 5, 2019

March 6, 2019

Shreveport, LA Thursday March 7, 2019

Patellofemoral disorders

(post-mastectomy &

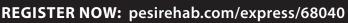
cesarean scarring)

Women's health

Lateral & medial epicondylosis/itis









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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Fopics include:



Fort Worth, TX Monday

March 4, 2019

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

\star \star \star \star \star

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

- Evidence-based IASTM techniques
- Functional movement screening
- Myofascial gliding and release
- Complementary taping techniques
- Therapeutic exercises

Fort Worth, TX Monday

March 4, 2019

Dallas, TX Wednesday March 6, 2019

- Cutting-edge IASTM and functional movement treatment strategies
- Neurosensorv modulation
- Problem solving and practitioner ergonomics
- Coding/documentation for reimbursement

Denton, TX Tuesdav March 5, 2019

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



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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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.

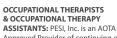
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