

### 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

### 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

### 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

### 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.



**FREE CE**  
ONLINE COURSE

**Introductory Survival Spanish for Healthcare Providers**

Up to 1 CE HOUR

**HURRY** OFFER EXPIRES April 15, 2019

[rehab.pesi.com/freespanish](http://rehab.pesi.com/freespanish)

NON-PROFIT ORGANIZATION US POSTAGE PAID EAU CLAIRE WI PERMIT NO 32729

**Bring any training in-house!**

Convenient • Cost-Effective • Customizable

for more information visit [www.pesirehab.com/inhouse](http://www.pesirehab.com/inhouse)

PESI Rehab P.O. Box 1000 Eau Claire, WI 54702-1000 A division of PESI, Inc.

# IASTM Practitioner Certification

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

#### Hands on labs to master techniques for the issues you treat including:

- Lumbar sprain/strain
- Fibromyalgia
- Scar tissue
- Plantar fasciitis
- Carpal tunnel syndrome
- Rotator cuff tendinosis/itis
- Patellofemoral disorders
- Post-mastectomy & cesarean scarring

**Tupelo, MS**  
Wednesday  
May 8, 2019

**Jackson, MS**  
Thursday  
May 9, 2019

**Biloxi, MS**  
Friday  
May 10, 2019

REGISTER NOW: [pesirehab.com/express/70060](http://pesirehab.com/express/70060)



Become a Certified Instrument-Assisted Soft Tissue Mobilization (IASTM) Practitioner in this hands-on, 8-hour seminar powered by RockTape

**ROCKTAPE**  
CERTIFICATION SERIES



# 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

★★★★★

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 fascial restrictions
- Eliminate pain
- Restore ROM
- Fascial Restriction
- Accelerate recovery!

**Tupelo, MS**  
Wednesday  
May 8, 2019

**Jackson, MS**  
Thursday  
May 9, 2019

**Biloxi, MS**  
Friday  
May 10, 2019



A Non-Profit Organization  
CONNECTING KNOWLEDGE  
WITH NEED SINCE 1979  
[www.pesirehab.com](http://www.pesirehab.com)



REGISTER NOW: [pesirehab.com/express/70060](http://pesirehab.com/express/70060)

# 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?**  
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.

**SAVE UP TO 50% ORDER TODAY** [ FREE SHIPPING WHEN ORDERED WITH YOUR SEMINAR REGISTRATION ]

**ROCKBLADES** by **ROCKTAPE**  
*Mohawk*



• Mohawk stainless steel tool 3 tools in one!  
• Silicone sleeve attachment [ patent pending ]  
• ABS/Polycarbonate comb attachment [ patent pending ]  
• RockRub emollient • QuickStart guide • Travel-friendly EVA carrying case

EXCLUSIVE PRICE  
~~\$300~~ **\$175**

**ROCKBLADES** by **ROCKTAPE**  
*Mallet*



• The Mallet [ a stainless-steel, 9-in-1 in-clinic multi-tool ]  
• The Mullet [ a stainless-steel, 10-in-1 travel multi-tool ]  
• Sturdy travel case  
• RockRub emollient cream  
• Sanitizing skin-prep wipes

EXCLUSIVE PRICE  
~~\$700~~ **\$350**

**13TH ANNUAL REHAB SUMMIT LAS VEGAS**  
July 24-27, 2019  
REHABSUMMIT.COM

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

**Seminar on DVD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



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. **Advanced online registration required.**

### 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" on this brochure 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 [cepsi@pesi.com](mailto:cepsi@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 profession's 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.

**PERSONAL TRAINERS:** This course has been approved by the National Academy of Sports Medicine (NASM-BOC) for 0.8 CEUs. PESI, Inc. Provider Number is 544.



**MASSAGE THERAPISTS:** PESI, Inc. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #1808. This course is offered for 9.5 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. 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 by state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**MISSISSIPPI PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Professional Licensure Branch of the Mississippi State Department of Health. Credit is pending.

**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

**ONLINE**  
[pesirehab.com/express/70060](http://pesirehab.com/express/70060)

**PHONE**  
800-844-8260  
Please have credit card available

**FAX**  
800-554-9775

**MAIL**  
PESI Rehab  
PO BOX 1000  
Eau Claire, WI  
54702-1000

**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

**Mail Code:** \_\_\_\_\_  
*See mail code box on address panel on reverse side*

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept/Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

\*E-mail address \_\_\_\_\_

*\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.*

**2 Check location:** (make copy of locations)

**TUPELO, MS** 70060TUP  
May 8, 2019  
North Hall Bancorp South Arena  
375 E Main St • 38804  
(662) 718-5555

**JACKSON, MS** 70060JAC  
May 9, 2019  
Jackson Marriott  
200 E Amite St • 39201  
(601) 969-5100

**BILOXI, MS** 70060BIX  
May 10, 2019  
Hard Rock Hotel & Casino Biloxi  
777 Beach Blvd • 39530  
(228) 374-7625

**3 Check tuition:**  
**TUITION with seminar manual**  
 **\$249.99** early registration\*  
*\*postmarked 3 weeks prior to seminar date*  
 **\$279.99** standard

**ADD-ON PRODUCTS**  
Distributed at seminar—FREE SHIPPING!  
 **\$175\* RockBlades Mohawk**  
 **\$350\* RockBlades 2.0 - Complete Soft Tissue IASTM System**  
*\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR*

**4 Indicate method of payment:**  
**ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).**

Check enclosed payable to **PESI, Inc.**

MC  VISA  AE  Discover Novus  
16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)  
(\*American Express: 4-digit # above account # on face of card.)

**Register now!**  
[pesirehab.com/express/70060](http://pesirehab.com/express/70060)

**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. **Advanced online registration 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 5 or more:** Call 800-844-8260 for discounts.  
• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/faqs](http://www.pesirehab.com/faqs) or call 800-844-8260 for details. **Advance registration required.** *Cannot be combined with other discounts.*

**CAN'T ATTEND THE SEMINAR?**  
See below for individual product orders

**IASTM Practitioner Certification**

\_\_\_ Seminar on DVD\* (video) \$199.99 (RNV020653)

\_\_\_ **\$175\* RockBlades Mohawk** (OEQ085660)

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

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ \_\_\_\_\_

\*Shipping \_\_\_\_\_

**Subtotal** \_\_\_\_\_

\*\*Tax \_\_\_\_\_

**TOTAL** \_\_\_\_\_