

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

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

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

Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit
www.pesirehab.com/inhouse

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

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



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



REGISTER NOW: 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 or 715-855-5229.

SAVE UP TO

50%

ORDER TODAY [FREE SHIPPING WHEN ORDERED WITH YOUR SEMINAR REGISTRATION]

ROCKBLADES

by

ROCKTAPE

MOHAWK



EXCLUSIVE PRICE

\$300

\$175

- 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

ROCKBLADES

by

ROCKTAPE

2.0



EXCLUSIVE PRICE

\$700

\$350

- 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

13TH ANNUAL

REHAB SUMMIT

L A S V E G A S

July 24-27, 2019

REHABSUMMIT.COM

100% GUARANTEE

SATISFACTION

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 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.

FREE TUITION

For Veterans & Active Military Personnel

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 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 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, or call 800-844-8260

ONLINE

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

May 8, 2019

North Hall Bancorp South Arena
375 E Main St • 38804
(662) 718-5555

70060TUP

☐ JACKSON, MS

May 9, 2019

Jackson Marriott
200 E Amite St • 39201
(601) 969-5100

70060JAC

☐ BILOXI, MS

May 10, 2019

Hard Rock Hotel & Casino Biloxi
777 Beach Blvd • 39530
(228) 374-7625

70060BIX

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 16 digits

☐ VISA 13-16 digits

☐ AE 15 digits

☐ Discover Novus 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

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 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 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.

Product total \$ _____

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

*Shipping _____

Subtotal _____

**Tax _____

TOTAL _____

FOR OFFICE USE ONLY

Fed ID # 26-3896894 © 2019 PESI, Inc.

CR