

## 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

## 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.

## 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

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

### 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

**Fresno, CA**  
Monday  
June 3, 2019

**Stockton, CA**  
Tuesday  
June 4, 2019

**Sacramento, CA**  
Wednesday  
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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 Range of Motion
- Accelerate recovery!

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