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



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

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



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 epicondylosis/itis

Carpal tunnel syndrome

Trigger finger

Lower body

Patellofemoral disorders

Shin splints

Achilles tendinosis/itis Plantar fasciitis

Scar tissue

Fibromyalgia

W Hands-On Lab

CODING AND DOCUMENTATION FOR REIMBURSEMENT

CASE STUDIES AND PROBLEM SOLVING

Live Seminar Schedule

Physical Therapists

Physical Therapist Assistants

Who Should Attend

Massage Therapists

Occupational Therapists

Occupational Therapy Assistants

 Athletic Trainers Personal Trainers 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.

What to Wear

Please wear comfortable and loose clothing for labs. Shorts are recommended.

Questions?

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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

Eatontown, NJ

Wednesday July 10, 2019

Edison, NJ Thursday July 11, 2019

Friday July 12, 2019

Parsippany, NJ

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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

Restore range of motion

• Eliminate pain

Accelerate recovery!

Eatontown, NJ Wednesday

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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

JENNIFER DIETER, MPT, is a physical therapist with 19 years of experience and the manager of 11 clinics for Select Physical Therapy. She has achieved success in the treatment of cervical and lumbarsSpine, surgical and non-surgical orthopedic injuries, sports medicine, back pain during pregnancy and women's health patients with her manual therapy skills and functional treatment philosophies. She recently opened their newest clinic inside Crucible CrossFit™ and works extensively with CrossFit athletes. She has worked with a wide variety of athletes including high level professional athletes, CrossFit athletes, "weekend warriors", and also runs a strength and conditioning program for adolescents. She is a three time CrossFit Games masters athlete, finishing 6th and 5th overall in 2015, 2016 and 2017. She also set a record for the USA Weightlifting American Master Record in 2016 for the snatch, clean and jerk and total.

inancial: Jennifer Dieter has an employment relationship with Select Physical Therapy. She receives an honorarium from Rocktape. Ms. Dieter is a speaker who receives an honorarium for PESI, Inc. Non-financial: Jennifer Dieter 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.



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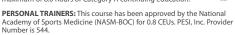
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How to Register

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WALK-INS

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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. Advance online registration required.

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