

### 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.



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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

**Parsippany, NJ**  
Friday  
July 12, 2019

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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 range of motion
- Accelerate recovery!

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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 lumbar spine, 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.

### Speaker Disclosure:

Financial: 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.

### 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.

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### Live Seminar Continuing Education Credit Information

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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](mailto: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.



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**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 per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS:** This course has been approved by the New Jersey Board of Physical Therapy Examiners for 8.0 credits. Board Course Number: 1810-37.

**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

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

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**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. **Advance 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.
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