

Reno, NV - July 15, 2019 Henderson, NV - July 16, 2019
Salt Lake City, UT - July 17, 2019 Las Vegas, NV - August 17, 2019

Myofascial Cupping Practitioner Certification

PRINCIPLES OF MYOFASCIAL CUPPING

- Movement, mobility, and motor control
 - Movement Pyramid framework
- Fascial anatomy/physiology
- Physiological/neurological effects of cupping techniques
- Current literature related to cupping techniques
 - Blood flow, fascial gliding, and the nervous system
- Indications, contraindications, and application safety

SKIN/FASCIAL SCREENING (60 minutes)

Hands-On Lab

FUNDAMENTAL CUPPING TECHNIQUES AND TREATMENT STRATEGIES

- Direction and pressure
- Decompression/compression forces
- External/internal glide methods
- Graded exposure techniques
- Sensory-motor retraining
- Integrating corrective exercise

Objectives

- Review the principles of myofascial cupping and supporting evidence.
- Describe the physiological and neurological effects of cupping.
- Demonstrate how to apply cupping for best results.
- Compare and contrast common cupping techniques and review indications/contraindications for each.
- Demonstrate how cupping techniques can be combined with corrective exercise to improve pain, sprains/strains, swelling, tendinopathies and more.
- Develop cupping applications based on your assessment/treatment approach and the individual needs of your patient.

Hands-On Lab

APPLYING CUPPING EFFECTIVELY

- Upper extremity and arm fascial chains
- Lower extremity and leg fascial chains
- Core, trunk, lumbopelvic regions, and long fascial chains
- Hip, trunk, rib cage, diaphragm, and neck
- Condition-specific applications
- Progression and regression protocol

Hands-On Lab

CASE STUDIES AND PROBLEM SOLVING

Case Studies

Compression Band Flossing Practitioner Certification

PRINCIPLES OF COMPRESSION BAND FLOSSING (60 minutes)

- Movement, mobility, and motor control
 - Movement Pyramid framework
- Fascial anatomy/physiology
- Physiological/neurological effects of flossing techniques
- Current literature related to flossing techniques
 - Flossing and fascial gliding
- Indications, contraindications, and application safety

SKIN/FASCIAL SCREENING (60 minutes)

Hands-On Lab

FUNDAMENTAL FLOSSING TECHNIQUES AND TREATMENT STRATEGIES (60 minutes)

- Tension, direction and pressure
- Tissue-related techniques
- Joint-related techniques
- Treatment protocols
- Treatment positions
- Graded exposure techniques

Objectives

- Review the principles of compression band flossing and supporting evidence.
- Describe the physiological and neurological effects of flossing.
- Demonstrate how to apply flossing for best results.
- Compare and contrast common flossing techniques and review indications/contraindications for each.
- Demonstrate how flossing techniques can be combined with corrective exercise to improve pain, sprains/strains, swelling, tendinopathies and more.
- Develop flossing applications based on your assessment/treatment approach and the individual needs of your patient.

Las Vegas, NV - August 18, 2019

Hands-On Lab

APPLY FLOSSING TECHNIQUES EFFECTIVELY WITH YOUR PATIENTS (120 minutes)

- Lower extremity (foot/ankle, knee, hip)
- Upper extremity (hand/wrist, elbow, shoulder)
- Breathing assessment
- Ribcage, diaphragm
- Condition specific applications
- Progression and regression protocol

Hands-On Lab

CASE STUDIES AND PROBLEM SOLVING (60 minutes)

Case Studies

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ROCKTAPE
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Myofascial Cupping Practitioner Certification

Reno, NV
Monday, July 15, 2019

Salt Lake City, UT
Wednesday, July 17, 2019

Henderson, NV
Tuesday, July 16, 2019

Las Vegas, NV
Saturday, August 17, 2019

Compression Band Flossing Practitioner Certification

Las Vegas, NV
Sunday, August 18, 2019

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Save \$100 when you register early for both seminars.
Due to high demand, seats at this program are limited.

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- ✓ Practice proven techniques that get results fast
- ✓ Learn effective treatments for pain, sprains/strains, swelling, tendinopathies and more
- ✓ Grow your business and join an elite network of therapists and trainers

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PESI
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Until now, choices were limited if you wanted to incorporate tools into your practice.

You had to buy expensive tools and attend an expensive class that locked you into one way of applying techniques.

Not anymore. Taught by industry-leading experts in movement assessment and therapy, these hands-on certification programs equip you with all the skills you'll need to begin using Cupping & Compression Band Flossing with your patients tomorrow.

Register for a class and join the ranks of FMT Certified Practitioners.



These events are a members of RockTape's Functional Movement Techniques (FMT) Certification Series and are equivalent to FMT Basic and FMT Performance.

Myofascial Cupping Practitioner Certification

Evaluate the concept of skin/fascial decompression and its ability to improve tissue mobility, improve movement and modulate pain. Through this hands-on learning experience, you will combine cupping and functional movement to produce the kinds of active treatment strategies that are revolutionizing rehab. Discover effective cupping treatments you can use for pain, swelling, tendinopathies, and more.

Compression Band Flossing Practitioner Certification

Explore the anatomic, physiologic and neurologic effects of compression band flossing on connective tissue gliding, tissue traction and tissue compression. Learn how to combine compression bands and functional movement to produce the kinds of active treatment strategies that will deliver superior patient and client outcomes. During the extensive hands on labs, you will explore the science of compression band flossing and fascial shearing that help improve joint mobility, reduce pain, and enhance movement.

Speakers

Presenting on July 15, 16, 17

BRETT SANDERS, MS, OTR/L, CEAS, began his career as an occupational therapist over 20 years ago, treating hand injuries, burns, and acute care patients at St. Agnes Hospital in Philadelphia. Since then, he has gone on to offer onsite therapy services in a wide variety of settings and industries, from pharmaceuticals to aerospace, specializing in resolving complex ergonomic issues and repetitive strain injuries. Today, Mr. Sanders oversees a nine-state territory as regional manager of WorkStrategies for Select Medical's outpatient division, where he manages national onsite injury prevention programming with clients such as Amazon and Ahold/Giant. A leader and national educator in onsite therapy and ergonomics, he is frequently sought after to consult and train on ergonomics, job and risk analysis, workplace safety, post offer testing, functional capacity evaluation, early symptom intervention, and onsite rehabilitation.

Speaker Disclosure:

Financial: Brett Sanders has an employment relationship with Nova Care Rehabilitation Company – Select Medical. He receives an honorarium from RockTape. Mr. Sanders receives a speaking honorarium from PESI, Inc.

Non-financial: Brett Sanders has no relevant non-financial relationship to disclose.

Presenting on August 17 & 18

STU WILSON, PT, uses functional and movement-based medicine along with manual therapy to treat biomechanical issues. He believes that the bio-psych-social model is crucial in treating the whole individual and utilizing the right tool at the right time. Stuart presents nationally on various topics including: taping, running, functional medicine and injury prevention.

Stu has consulted for USA Triathlon, was the lead PT for the Colorado Ballet, and has gained a respectful reputation as a running and cycling expert. He has submerged himself in Applied Functional Science, SFMA, FMS, Functional Dry Needling, and Kinesiology Taping. He is an owner at Panther Physical Therapy and Sports Performance facility in Colorado where he continues to treat many athletes and patients of all levels. Stu enjoys being active outside with running, biking, hiking and snowboarding as well as playing on teams such as ice hockey and soccer.

Speaker Disclosure:
Financial: Stuart Wilson is director at Panther Physical Therapy and Sports Performance. He is an affiliate faculty member for Regis University. Mr. Wilson receives a speaking honorarium from PESI, Inc.

Non-financial: Stuart Wilson has no relevant non-financial relationship to disclose.

Seminar Schedule:

7:30: Registration/Morning Coffee & Tea

8:00: Program begins

Lunch: 1 hour (on your own)

3:30: 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/PTAs
- Occupational Therapists/OTAs
- Chiropractors
- Athletic Trainers
- Massage Therapists
- Personal Trainers

What to Wear

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

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Myofascial Cupping Practitioner Certification

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 6.0 hours of Category A continuing education.

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PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.0 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.

CALIFORNIA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: PESI, Inc. is recognized by the Physical Therapy Board of California as an approval agency to approve providers. This lecture qualifies for 6.0 continuing competency hours.

NEVADA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Nevada State Board of Physical Therapy for review.

UTAH PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course is designed to meet the Utah DOPL Rule R156-24b-303b.2.c.iv - A commercial continuing education provider providing a course related to the practice of physical therapy. Please retain a copy of the advertising brochure and your certificate of completion to provide to your board should this be requested of you. This activity consists of 6.0 clock hours of continuing education instruction.

OTHER PROFESSIONS: This activity qualifies for 360 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.

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. *Limited seats available; advance online registration required.*

• **\$30 per day Tuition:** If you are interested in being our registration coordinator, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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☐ **SALT LAKE CITY, UT** 71596SLC

July 17, 2019
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August 17, 2019
Embassy Suites Convention Center Las Vegas
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Compression Band Flossing Practitioner Certification

☐ **LAS VEGAS, NV** 71596LVE

August 18, 2019
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