

## Outline

### PRINCIPLES OF MYOFASCIAL CUPPING (60 minutes)

- 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 (60 minutes)

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

👉 Hands-On Lab

### APPLYING CUPPING EFFECTIVELY (120 minutes)

- 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 (60 minutes)

📖 Case Studies

## Who Should Attend

- ◆ Physical Therapists/PTAs
- ◆ Occupational Therapists/OTAs
- ◆ Athletic Trainers
- ◆ Massage Therapists
- ◆ Personal Trainers

## What to Wear

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

## Live 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.



**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 Celeste Roufs at [croufs@pesi.com](mailto:croufs@pesi.com) or 715-855-5229.



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**Myofascial Cupping Practitioner Certification**

**Annapolis, MD** August 20, 2019

**Silver Spring, MD** August 21, 2019

**Arlington, VA** August 22, 2019

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- ✔ Learn effective treatments for pain, sprains/strains, swelling, tendinopathies, and more
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**FMT** This event is a member of RockTape's Functional Movement Techniques (FMT) Certification Series.

**Annapolis, MD** Tuesday August 20, 2019

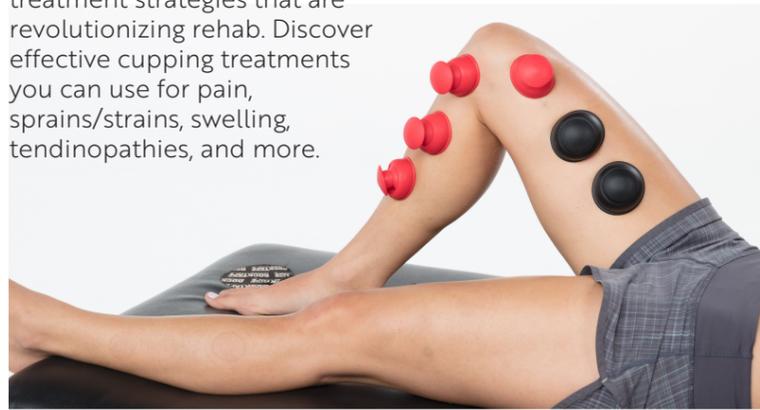
**Silver Spring, MD** Wednesday August 21, 2019

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Become a Certified Myofascial Cupping Practitioner in this hands-on course powered by RockTape, and boost your credentials as you learn everything you need to know to offer cupping services the next day.

Myofascial Cupping Practitioner Certification teaches the fundamentals of modern cupping techniques through a full day of interactive labs. Learn how to 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, sprains/strains, swelling, tendinopathies, and more.



## Speaker



**JOSEPH LAVACCA, PT, DPT, OCS, CFSC, FMS, FMT-C, SFMA,** is an experienced outpatient orthopedic clinician who graduated from Sacred Heart University with his Bachelor of Exercise Science Degree in 2008, and his Doctorate of Physical Therapy in 2010. He also has certifications in movement screens for both the FMS and SFMA, Functional Strength Coaching, as well as Fascial Movement Taping and Performance Movement Techniques through RockTape. Dr. LaVacca is an Orthopedic Clinical Specialist and has experience in Maitland-Based Manual Treatments, Instrument-Assisted Soft Tissue Mobilization, Kinesiology Taping, and movement assessment/performance screening. He is a nationwide speaker and frequently teaches healthcare practitioners about Kinesiology Taping and Movement Assessment Principles.

Speaker Disclosure:  
Financial: Joseph Lavacca is the owner of Strength in Motion Physical Therapy. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Joseph Lavacca has no relevant non-financial relationship to disclose.

## 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.

Questions? Call customer service at 800-844-8260

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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; **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](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 6.0 hours of Category A continuing education.

**PERSONAL TRAINERS:** This course has been approved by the National Academy of Sports Medicine (NASM-BOC) for 0.6 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 6.0 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 6.0 contact hours or .6 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 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.

**MARYLAND PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

**VIRGINIA PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the Virginia Physical Therapy Association. Credit is pending.

**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.



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## How to Register

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

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**2 Check location:** (make copy of locations)

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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. Limited seats available; **advanced 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.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

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**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!

**\$69.99\* Myofascial Cupping Starter Kit**

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

**4 Indicate method of payment:**

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\_\_\_ **\$69.99\*** Myofascial Cupping Starter Kit (KIT085246)

CE hours and approvals on products may differ from live CE approvals.

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

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