

Outline

- 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

👉 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

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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CERTIFICATION SERIES



**Myofascial Cupping Practitioner Certification**

<b>Burlington, VT</b> September 25, 2019	<b>Manchester, NH</b> September 26, 2019	<b>Portland, ME</b> September 27, 2019
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**ROCKTAPE**

CERTIFICATION SERIES



**Myofascial Cupping Practitioner Certification**

**Become a Certified Myofascial Cupping Practitioner in this hands-on course,** and learn everything you need to know to begin offering cupping services the next day.

- ✔ **Boost your credentials** without going back to school
- ✔ **Practice proven cupping 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

 This event is a member of RockTape's Functional Movement Techniques (FMT) Certification Series.

<b>Burlington, VT</b> Wednesday September 25, 2019	<b>Manchester, NH</b> Thursday September 26, 2019	<b>Portland, ME</b> Friday September 27, 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

**JESSICA HILL, PT, DPT, CSCS**, is a physical therapist who received her BA in biology and psychology at Dartmouth College. She completed her professional training at Simmons College where she earned her Masters Degree in physical therapy and her Clinical Doctorate Degree in physical therapy in 2002. She is a Certified Strength & Conditioning Specialist (CSCS) through the National Strength & Conditioning Association, certified Specialized Functional Movement Assessment (SFMA) level 1 practitioner, certified Functional Movement Screen (FMS) level 1 practitioner, and a certified Functional Movement Techniques provider through RockTape. Dr. Hill has 15 years of clinical experience in general orthopedics, sports medicine, industrial rehabilitation, pre-/post-surgical care, performance enhancement, wellness training, and injury prevention. She works with patients of all ages and across all activity levels from highly sedentary people to highly active populations including national caliber/professional/semi-pro/collegiate athletes, extreme and ultra-athletes, law enforcement, and military. Dr. Hill co-founded a group of highly successful outpatient physical therapy practices in VT before starting a solo, concierge practice in NYC.


Dr. Hill evaluates and treats with a whole-body approach that combines knowledge and understanding of localized anatomy and function within the context of full body structure, function, and movement patterns. She works to restore compromised mobility, strength, stability, and movement patterning through a variety of manual techniques, IASTM, active modalities, progressive exercise, taping, and education. She enjoys solid rapport with her patients and clients, clinical problem-solving, and watching her patients and clients progress to the activities they need to do, want to do, and aspire to do.

Dr. Hill is a self-professed “biomechanics, kinetic chain, fascial train, feed the brain enthusiast” who never tires of learning new treatment and training techniques, perspectives, and the latest the medical literature has to offer. She is an avid skier (telemark), cyclist, ice hockey player, photographer, and outdoor enthusiast. She will read anything an arm’s length away. She lives by the guiding principle to, “Always leave it better than I found it, regardless of what it is.”

Speaker Disclosure:  
Financial: Jessica Hill maintains a private practice. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Jessica Hill has no relevant non-financial relationships 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.



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.**

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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 6.0 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.

**NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 7.2 Contact Hours.

**VERMONT PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been approved by the Vermont Chapter of the APTA, A State of Vermont Office of Professional Regulation Approved Provider, for 6.0 hours. Information provided should be used within the scope of practice and in accordance with State Practice Act.

**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.

## 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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☐ **PORTLAND, ME** 72118POT  
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\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Indicate method of payment:**

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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; 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.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
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**CAN'T ATTEND THE SEMINAR?**  
See below for individual product orders

**Myofascial Cupping Practitioner Certification**

\_\_\_ **\$199.99\*** Seminar on DVD (RN020855)

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

CE hours and approvals on products may differ from live CE approvals.	Product total \$ _____
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