#### 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
- 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

### W 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



#### **CASE STUDIES AND PROBLEM SOLVING**



#### 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.



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 ufs@pesi.com or 715-855-5229.





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- swelling, tendinopathies and more
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This event is a member of RockTape's Functional Movement Techniques (FMT) Certification Series.

# **Burlington, VT**

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#### Thursday September 26, 2019

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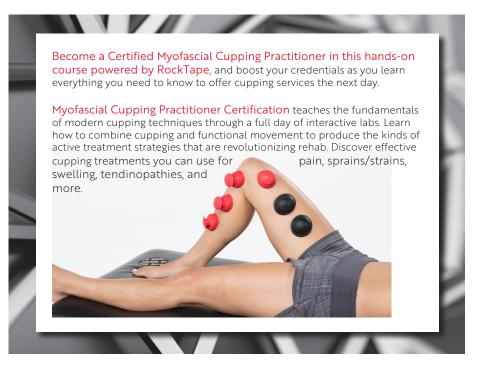
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### Speaker

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.



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of specific course content, products, or clinical procedures by AOTA.

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