

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 Bring

Yoga mat or massage table (if applicable)

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 Celestee Roufs at croufs@pesi.com or 715-855-5229.

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Myofascial Cupping Practitioner Certification

Fort Smith, AR Wednesday October 16, 2019	Little Rock, AR Thursday October 17, 2019	Memphis, TN Friday October 18, 2019
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Movement is key to all healing, whether you are working with an elite athlete or someone recovering from a car crash.

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- Advanced IASTM Practitioner Certification
- Myofascial Cupping Practitioner Certification
- Compression Band Flossing Practitioner Certification

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.

Fort Smith, AR
Wednesday
October 16, 2019

Little Rock, AR
Thursday
October 17, 2019

Memphis, TN
Friday
October 18, 2019

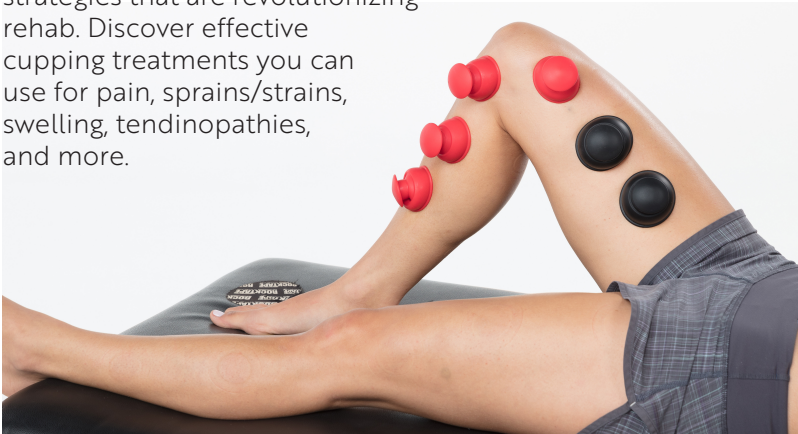


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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

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

MEGHAN HELWIG PT, DPT, is an experienced outpatient orthopedic clinician based out of Carlsbad, CA, where she owns and manages Primal Strength Physical Therapy. Since graduating with her Doctorate of physical therapy from Rutgers University in 2009, she has earned numerous certifications as a trained provider of full body Active Release Technique (ART), Selective Functional Movement Assessment (SFMA), and Neurokinetic Therapy (NKT3). In addition, she is a trained practitioner in IASTM, kinesiology taping, and performance movement techniques through RockTape, for whom she conducts national trainings.

Speaker Disclosure:

Financial: Meghan Helwig maintains a private practice. She receives a speaking honorarium from RockTape. Dr. Helwig receives a speaking honorarium from PESI, Inc.

Non-financial: Meghan Helwig 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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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 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.

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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.

MESSAGE 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.

ARKANSAS MESSAGE THERAPISTS: Activities that are approved by the NCBTMB and are taught in other states or activities that are approved by another state massage office or board are acceptable to use for credit hours towards license renewal. This activity consists of 7.2 clock hours of continuing education instruction: 10/18/2019 - Memphis, TN.

ARKANSAS MESSAGE THERAPISTS: An application has been submitted to the Arkansas Department of Health to provide credit hours for the activities taking place within the state of Arkansas. Application pending.

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.

ARKANSAS PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been approved by the Arkansas State Board of Physical Therapy for 6.0 contact hours.

MISSISSIPPI PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: Per Mississippi Regulation Part 3103 Rule 5-4(1)(b) this course will be accepted by the Mississippi State Board of Physical Therapy. The Board accepts courses approved by the APTA or its state chapters and sections. This activity consists of 6.0 clock hours of instruction applicable for physical therapists.

OKLAHOMA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Oklahoma Physical Therapy Advisory Committee for approval.

TENNESSEE PHYSICAL THERAPISTS & PHYSICAL THERAPY ASSISTANTS: 6.0 contact hours have been approved by the Tennessee Physical Therapy Association.

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
Questions? Visit www.pesirehab.com/faqs, or call 800-844-8260

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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.

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• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, 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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