

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](mailto:croufs@pesi.com) or 715-855-5229.

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CERTIFICATION SERIES



**Myofascial Cupping Practitioner Certification**

<b>Santa Ana, CA</b> Wednesday November 13, 2019	<b>Carlsbad, CA</b> Thursday November 14, 2019	<b>San Diego, CA</b> Friday November 15, 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>Santa Ana, CA</b> Wednesday November 13, 2019	<b>Carlsbad, CA</b> Thursday November 14, 2019	<b>San Diego, CA</b> Friday November 15, 2019
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**ROCKTAPE**

CERTIFICATION SERIES

Movement is key to all healing, whether you are working with an elite athlete or someone recovering from a car crash.

RockTape certification workshops are taught by industry-leading experts in movement assessment and therapy. These hands-on courses present a revolutionary way of thinking about how we move and how we injure. They integrate innovative mobility and stability strategies, along with movement-based, practical treatment frameworks - to deliver **RESULTS**.

Learn about these certifications and more at [www.pesirehab.com](http://www.pesirehab.com):

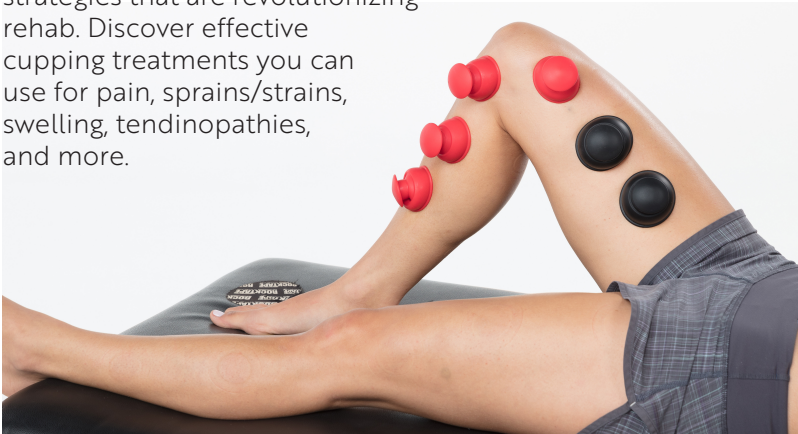
- Kinesiology Taping Practitioner Certification
- Advanced Kinesiology Taping Practitioner Certification
- Pediatric Kinesiology Taping Certification
- Geriatric Kinesiology Taping Certification

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



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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**Seminar on DVD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

## 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 per 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.

**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](http://www.pesirehab.com/faqs), or call 800-844-8260

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**1 Please complete entire form** (to notify you of seminar changes):  
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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; 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.

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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

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☐ **\$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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