



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 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?

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Oakland, CA
Wednesday
December 4, 2019

San Jose, CA
Thursday
December 5, 2019

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

Oakland, CA
Wednesday
December 4, 2019

San Jose, CA
Thursday
December 5, 2019



REGISTER NOW: pesirehab.com/express/74386

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

STACEY THOMAS, LMT, SFMA, FMS, ART, NKT, CF-L2, has been dedicated to human movement and athletic performance for 20 years. A sports massage therapist who is credentialed by the most respected educational organizations regarding human movement, performance training, and soft tissue treatment, Ms. Thomas is continuously expanding her knowledge of the human form in motion. You can find her in one of her three Front Range clinics treating athletes, coaching a mobility class, or teaching national seminars on kinesiology taping and IASTM. She has been a featured author in massage publications regarding the use of kinesiology tape in treatment as well as a guest speaker at various conferences pertaining to movement as it relates to sport and functional strength.

A former competitive adventure and mountain bike racer, runner, and CrossFit™ athlete, she's fully aware of the dedication needed to achieve and exceed one's goals. Professionally, she's managed large fitness facilities as the lead trainer, taught educational programs for trainers obtaining their certifications, as well as offered many health and wellness insights to groups through public speaking, writing for publications, and sporting events. She is a proud member of the Alpine Rescue Team, a volunteer EMT, mom to four awesome rescue dogs, and a very happy plant-based athlete.

Speaker Disclosure:
Financial: Stacey Thomas is owner of Altitude Aptitude. She receives a speaking honorarium from Rocktape. Ms. Thomas receives a speaking honorarium from PESI, Inc.
Non-financial: Stacey Thomas 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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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.

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.

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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.

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.

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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.

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