

## 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.



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**ROCKTAPE** CERTIFICATION SERIES

**Myofascial Cupping Practitioner Certification**

**Oakland, CA**  
Wednesday  
December 4, 2019

**San Jose, CA**  
Thursday  
December 5, 2019

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**PESI Rehab**

## 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):

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

REHAB SUMMIT

LAS VEGAS

July 29–August 1, 2020  
[rehabsummit.com](http://rehabsummit.com)



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.**

## 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.

**Oakland, CA**  
Wednesday  
December 4, 2019

**San Jose, CA**  
Thursday  
December 5, 2019

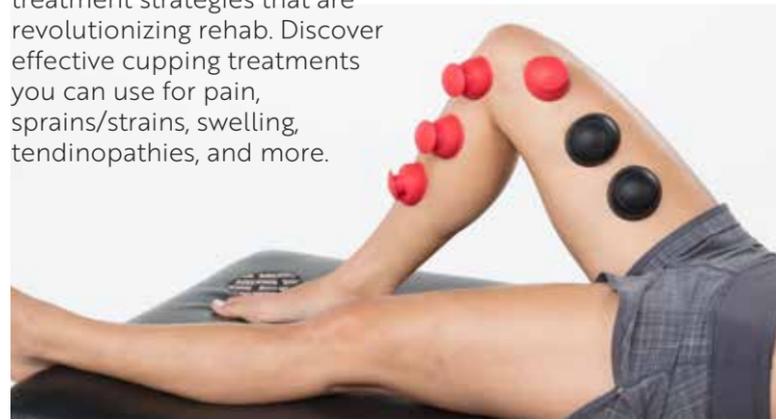


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A Non-Profit Organization Connecting Knowledge with Need Since 1979

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

**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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**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

**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 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.



## 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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Please have credit card available

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**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

Mail Code: \_\_\_\_\_  
*See mail code box on address panel on reverse side*

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**2 Check location:** (make copy of locations)

**OAKLAND, CA**

**December 4, 2019**

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(510) 638-7777

74386OKD

**SAN JOSE, CA**

**December 5, 2019**

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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.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/students](http://www.pesirehab.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

**3 Check tuition:**

**TUITION with seminar manual**

**\$249.99** early registration\*

*\*postmarked 3 weeks prior to seminar date*

**\$279.99** standard

### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

**\$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:**

**ALL REGISTRATIONS MUST BE PREPAID.**  
**Purchase orders welcome (attach copy).**

Check enclosed payable to **PESI, Inc.**

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### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

#### Myofascial Cupping Practitioner Certification

\_\_\_ Seminar on DVD\* (video) \$219.99 (RNV020855)

\_\_\_ **\$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.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

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