



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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Evansville, IN
Wednesday
December 4, 2019

Bloomington, IN
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December 5, 2019

Louisville, KY
Friday
December 6, 2019

**UPCOMING
Live Video
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Tuesday,
January 14, 2020

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ROCKTAPE

CERTIFICATION SERIES

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:

- Kinesiology Taping Practitioner Certification
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- Geriatric Kinesiology Taping Certification

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

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



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.**

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

FMT

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

Evansville, IN
Wednesday
December 4, 2019

Bloomington, IN
Thursday
December 5, 2019

Louisville, KY
Friday
December 6, 2019

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PESI Rehab
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

JENNIFER HUTTON, PT, DPT, practices at Vanderbilt Children’s Hospital in Nashville, Tennessee, treating pediatric populations with developmental delays as well as neurological and orthopedic diagnoses. Additionally, she serves as lead physical therapist in a regional combined specialty hip clinic, which offers preoperative and postoperative rehabilitation programs for local patients of all ages.

A graduate of Loma Linda University’s doctoral program, she has attained numerous professional certifications over the course of her career, from Selective Functional Movement Assessment (SFMA) and Functional Movement System (FMS) to Myodetox Level 1 (manual therapy). In her free time, she is involved in several community efforts for children with disabilities, such as volunteering for modified triathlons, building adaptive bicycles, and planning adaptive sports camps. Jennifer truly enjoys working with children and believes that helping them achieve their independence while empowering them to move better will be pivotal as they progress in life.

Speaker Disclosure:
Financial: Jennifer Hutton has an employment relationship with Vanderbilt Children’s Hospital. She receives a speaking honorarium from PESI, Inc.
Non-financial: Jennifer Hutton 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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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 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 6.5 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.

Indiana Physical Therapists & Physical Therapist Assistants: This course has been approved by the Indiana Chapter of the APTA for 6.0 hours.

Kentucky Physical Therapists & Physical Therapist Assistants: This program has been approved by the Kentucky Physical Therapy Association to provide continuing education credit to physical therapists and physical therapist assistants with a Kentucky license/ certification. The course is approved for 6.0 Category 1 contact hour(s).

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.

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 for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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