

Kinesiology Taping Practitioner Certification

Day 1: December 16, 2019 8:00am - 5:30pm

Outline

PRINCIPLES OF KINESIOLOGY TAPING

- Evolution of kinesiology taping
 - Old vs. new concepts
- Differences between kinesiology tapes
 - Features and characteristics
- Evidence supporting kinesiology taping

THE NEUROSENSORY POWER OF TAPING

- Physiological/neurological benefits of taping
- Skin-brain connection
 - Peripheral nerves
 - Sensory system/receptors
 - Histology of skin

FUNDAMENTAL TAPING TECHNIQUES AND TREATMENT STRATEGIES

- Types of taping
- Techniques
- Cuts
- Tension
- Care tips
- Indications/contraindications
- Combining taping with movement

Hands-On Lab

PAIN TAPING

- Methods and application
- Effects and benefits
 - Upper extremity
 - Trunk/Lower extremity

Hands-On Lab

FLUID DYNAMICS TAPING

- Methods and application
- Effects and benefits
- Decompression strategy vs. compression strategy

Hands-On Lab

POSTURE TAPING

- Methods and application
- Effects and benefits
- Postural taping framework
- Posture evaluation from head to toe
- Common postural dysfunctions
- Exercise interventions

Hands-On Lab

SCAR TAPING

- Methods and application
- Effects and benefits
- Scar tissue assessment
- Scar tissue framework
- Special populations and conditions

Hands-On Lab

NEURO TAPING

- Methods and applications
- Effects and benefits
- Nerve tract irritation
- Upper and lower extremities

Hands-On Lab

CODING AND DOCUMENTATION FOR REIMBURSEMENT

CASE STUDIES AND PROBLEM SOLVING

Objectives

- Review the principles and physiological/neurological effects of kinesiology taping.
- Discuss how to apply tape with appropriate tension for best results, comparing common taping techniques and reviewing indications/contraindications for each.
- Demonstrate taping techniques for reducing pain.
- Demonstrate taping techniques for managing edema, swelling, and bruising.
- Demonstrate taping techniques for addressing nerve entrapments.
- Demonstrate taping techniques for correcting postural imbalances.
- Demonstrate taping techniques for reducing scarring and improving scar mobility.
- Develop taping applications based on your assessment/treatment approach and the individual needs of your patient.

Myofascial Cupping Practitioner Certification

Day 2: December 17, 2019 8:00am - 3:30pm

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

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

Case Studies

ROCKTAPE ROCKPODS™ KIT

THEY REALLY SUCK

*Included with registration for Myofascial Cupping Practitioner Certification!

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.

FREE Infographic on Kinesiology Taping Basics!

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TWO DAYS - TWO CERTIFICATIONS!

Kinesiology Taping Practitioner Certification
Vaughan, ON • Monday, December 16, 2019

Myofascial Cupping Practitioner Certification
Vaughan, ON • Tuesday, December 17, 2019

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TWO DAYS - TWO CERTIFICATIONS!

Kinesiology Taping Practitioner Certification
Combining Taping & Movement to Improve Functional Outcomes
Vaughan, ON • Monday, December 16, 2019
Become a Certified Kinesiology Taping Practitioner in this hands-on course, and learn everything you need to know to begin offering taping services the next day.

Myofascial Cupping Practitioner Certification
Vaughan, ON • Tuesday, December 17, 2019
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.

- ✔ Proven techniques that get results fast
- ✔ Learn effective treatments for pain, fascial restrictions, range of motion and more
- ✔ Boost your credentials without going back to school

REGISTER FOR BOTH DAYS AND SAVE!

PESI Rehab
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A Non-Profit Organization Connecting Knowledge with Need Since 1979

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Kinesiology Taping, Redefined

From sports medicine to stroke rehab, kinesiology tape has rapidly gained popularity in rehabilitation due to its unique ability to improve movement and function. One of the most versatile treatment tools in rehab, taping has been shown to improve outcomes with a vast variety of therapies, including functional movement therapies, manual therapy, splinting, Neuro-Developmental Treatment (NDT), Hippo- and Aquatic Therapies, and more.

This hands-on certification seminar will equip you with all the skills you'll need to begin taping patients across the continuum of care. Explore the fundamentals of modern taping techniques, discover advanced interventions that integrate the latest neuroscience research, and learn how to combine taping with functional movement to produce the kinds of active treatments that are revolutionizing rehab. Numerous case studies will be presented that demonstrate how taping can help deliver superior rehab outcomes, and hands-on labs throughout the program will show you how to get impressive results with your patients.

Myofascial Cupping

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.

Seminar Schedule:

Day 1: December 16, 2019
Kinesiology Taping Practitioner Certification

Registration: 7:30 a.m. (coffee & tea provided)

Seminar Begins: 8:00 a.m.

Lunch Break: 1 hour (on your own)

Seminar Ends: 5:30 p.m.

Day 2: December 17, 2019
Myofascial Cupping Practitioner Certification

Registration: 7:30 a.m. (coffee & tea provided)

Seminar Begins: 8:00 a.m.

Lunch Break: 1 hour (on your own)

Seminar Ends: 3:30 p.m.

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.

Can't attend the Seminar? Purchase the recorded online digital seminar for self-study. When you place your order, you will receive an order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. CE is included for the purchaser and your colleagues can receive CE hours for a nominal fee. To determine if self-study credits are available for your profession, please check with your licensing board. Order today by using the order form on this brochure or by calling our customer service department at 800-844-8260.

Speaker

ELIZABETH FREY, FCAMPT, MCISC(MANIP), MSC. PT, MSC, BPHE, BSC, is an orthopaedic and pelvic health physiotherapist who assesses and treats acute and chronic orthopaedic injuries as well as pregnancy and postpartum issues. She integrates her manual therapy skillset and acupuncture as well as personal exercise programs to address the underlying dysfunction that may be causing injury and prevent future re-injury. She believes in a patient centred approach, directly involving each patient in their recovery through goal setting, balancing muscle dysfunction and teaching self-management techniques for optimal recovery.

After working in private practice orthopaedics Liz returned to advance her Physical Therapy training by completing a Masters in Clinical Science Manipulative Therapy from the University of Western Ontario in 2010. She also has completed contemporary medical acupuncture training through the McMaster University Acupuncture Program. Liz is a leader within the Physiotherapy profession. Since 2009 she has been a clinical lab facilitator and clinical supervisor at the University of Toronto. She is also a registered mentor for physiotherapists. Liz teaches in the orthopaedic division of the Canadian Physiotherapy Association. In her time outside of the clinic she is a loving and proud mother. She stays active by running, having completed a few marathons and numerous half-marathons.

Speaker Disclosure:

Financial: Liz Frey is the owner of PhysioPlus Health Group. She receives an honorarium from RockTape. Ms. Frey receives a speaking honorarium from PESI, Inc.

Non-financial: Liz Frey is a member of the Canadian Physiotherapy Association.

What to Wear

Please wear lab-appropriate clothing that allows access to skin/muscles. Loose shorts and tank tops are recommended.

What to Bring

Yoga mat or massage table (if applicable)

Who Should Attend

- Physiotherapists/PTAs
- Occupational Therapists/OTAs
- Athletic Trainers
- Massage Therapists
- Personal Trainers



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 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

Questions? Call customer service at **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" 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 professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**KINESIOLOGY TAPING PRACTITIONER CERTIFICATION:
COMBINING TAPING & MOVEMENT TO IMPROVE FUNCTIONAL OUTCOMES**

Canadian Athletic Therapists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75291.

Massage Therapists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75291.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 8.0 contact hours or .8 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.

Canadian Occupational Therapists & Occupational Therapy Assistants: This activity consists of 8.0 clock hours of instruction and may qualify for continuing professional education credit. Please save the course outline, the certificate of completion you receive from this activity and contact your provincial board or organization to determine specific filing requirements.

ACCESSIBILITY

We would be happy to accommodate your needs in accordance with the Americans with Disabilities Act. 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

• **\$100 Tuition USD** (including Rock Pods Kit): If you are interested in being our registration coordinator for both days, go to: 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 or call 800-844-8260 for details.

Advance registration required. Cannot be combined with other discounts.

Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a digital manual package 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/day USD cancel fee. Substitutions are permitted at any time.

Have a seminar idea? A manuscript to publish?

The industry's top speakers and authors contact us 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.

Canadian Physiotherapists: This activity consists of 8.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per provincial/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

Other Professions: This activity qualifies for 480 minutes of instructional content as required by many national, provincial 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.

MYOFASCIAL CUPPING PRACTITIONER CERTIFICATION

Canadian Athletic Therapists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75291.

Massage Therapists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75291.

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.

Canadian Occupational Therapists & Occupational Therapy Assistants: This activity consists of 6.0 clock hours of instruction and may qualify for continuing professional education credit. Please save the course outline, the certificate of completion you receive from this activity and contact your provincial board or organization to determine specific filing requirements.

Canadian Physiotherapists: This activity consists of 6.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per provincial/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

Other Professions: This activity qualifies for 360 minutes of instructional content as required by many national, provincial 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:

2-DAY KINESIOLOGY TAPING PRACTITIONER CERTIFICATION AND MYOFASCIAL CUPPING PRACTITIONER CERTIFICATION

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesirehab.com.

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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

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

Province _____ Postal _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

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

VAUGHAN, ON

75290VAU

Hilton Garden Inn
3201 Highway 7 West • L4K 5Z7
(905) 660-4700

- ☐ **DAY 1: December 16, 2019**
Kinesiology Taping Practitioner Certification
- ☐ **DAY 2: December 17, 2019**
Myofascial Cupping Practitioner Certification
(including RockPods Kit)
- ☐ **BOTH DAYS: December 16 & 17, 2019**
(including RockPods Kit)

3 Check tuition:

Tuition with seminar manual

☐ **\$229.99 USD** per person tuition for **Day 1**
Kinesiology Taping Practitioner Certification

☐ **\$269.99 USD** per person tuition for **Day 2**
Myofascial Cupping Practitioner Certification
(including RockPods)

☐ **\$449.98 USD** per person for **both seminar days**
(including RockPods)

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

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(*American Express: 4-digit # above account # on face of card.)

**REGISTER
FOR BOTH
DAYS AND
SAVE!**

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CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Kinesiology Taping Practitioner Certification

___ Digital Seminar* \$219.99 USD (POS020647)

Myofascial Cupping Practitioner Certification

___ Digital Seminar* \$219.99 USD (POS020855)

Product total \$ _____

Subtotal _____

****Tax** _____

TOTAL _____

CE hours and approvals on products may differ from live CE approvals.



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