

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

What to Bring

Yoga mat or massage table (if applicable)

Who Should Attend

- ◆ Physical Therapists/PTAs
- ◆ Occupational Therapists/OTAs
- ◆ Athletic Trainers
- ◆ Massage Therapists
- ◆ Personal Trainers

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.

CAN'T ATTEND THIS SEMINAR?

Sign up early for the
Live Video Webcast

January 14, 2020
7am - 2:30pm Central

For CE, additional information
and to register visit:
www.pesirehab.com/webcast/75373



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- Myofascial Cupping Practitioner Certification
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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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Myofascial Cupping Practitioner Certification

Wichita, KS
Monday
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ROCKTAPE
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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
- ✔ **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.

Wichita, KS
Monday
January 20, 2020

Overland Park, KS
Tuesday
January 21, 2020

Live Video Webcast
Tuesday
January 14, 2020

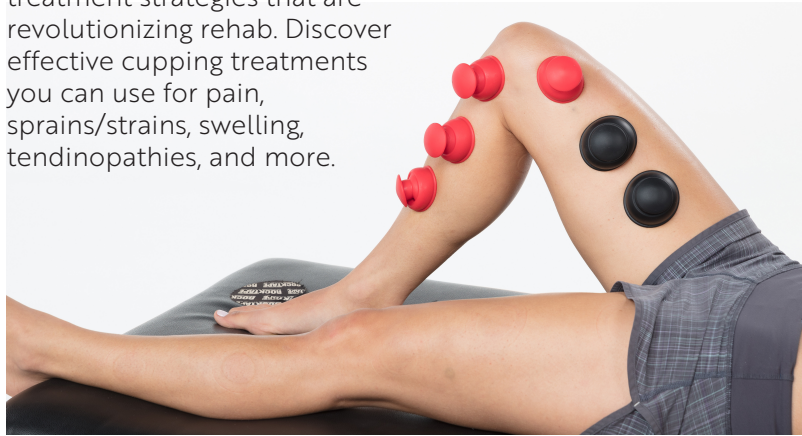


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Become a Certified Myofascial Cupping Practitioner in this hands-on course powered by RockTape, and boost your credentials as you learn everything you need to know to offer cupping services the next day.

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 DIETER, MPT, is a physical therapist with 19 years of experience and the manager of 11 clinics for Select Physical Therapy. She has achieved success in the treatment of cervical and lumbar spine, surgical and non-surgical orthopedic injuries, sports medicine, back pain during pregnancy and women's health patients with her manual therapy skills and functional treatment philosophies. She recently opened their newest clinic inside Crucible CrossFit™ and works extensively with CrossFit athletes. She has worked with a wide variety of athletes including high level professional athletes, CrossFit athletes, “weekend warriors”, and also runs a strength and conditioning program for adolescents. She is a three time CrossFit Games masters athlete, finishing 6th and 5th overall in 2015, 2016 and 2017. She also set a record for the USA Weightlifting American Master Record in 2016 for the snatch, clean and jerk and total.

Speaker Disclosure:
Financial: Jennifer Dieter has an employment relationship with Select Physical Therapy. She receives an honorarium from RockTape. Ms. Dieter is a speaker who receives an honorarium for PESI, Inc.
Non-financial: Jennifer Dieter 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.

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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.

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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.

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Kansas Occupational Therapists & Occupational Therapy Assistants: This course has been sent to the Kansas Occupational Therapy Association for review. Credit is pending.

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.

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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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