

Outline

PRINCIPLES OF MYOFASCIAL CUPPING

- 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

- 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

- 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

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 & Webcast Schedule (Times Listed in Eastern)

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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Live Webcast Details and Live Webcast Continuing Education Credit Information

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CERTIFICATION SERIES

Myofascial Cupping Practitioner Certification

Eatontown, NJ
Monday
January 13, 2020

Parsippany, NJ
Tuesday
January 14, 2020

Live Video Webcast
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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



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

Eatontown, NJ
Monday
January 13, 2020

Parsippany, NJ
Tuesday
January 14, 2020

Live Video Webcast
Tuesday
January 14, 2020

PESI
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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 swelling, tendinopathies, and more.

Speaker

JOSEPH LAVACCA, PT, DPT, OCS, CFSC, FMS, FMT-C, SFMA, is an experienced outpatient orthopedic clinician who graduated from Sacred Heart University with his Bachelor of Exercise Science Degree in 2008, and his Doctorate of Physical Therapy in 2010. He also has certifications in movement screens for both the FMS and SFMA, Functional Strength Coaching, as well as Fascial Movement Taping and Performance Movement Techniques through RockTape. Dr. LaVacca is an Orthopedic Clinical Specialist and has experience in Maitland-Based Manual Treatments, Instrument-Assisted Soft Tissue Mobilization, Kinesiology Taping, and movement assessment/performance screening. He is a nationwide speaker and frequently teaches healthcare practitioners about Kinesiology Taping and Movement Assessment Principles.

Speaker Disclosure:
Financial: Joseph Lavacca is the owner of Strength in Motion Physical Therapy. He receives a speaking honorarium from PESI, Inc.
Non-financial: Joseph Lavacca 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.

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

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.

New Jersey Physical Therapists & Physical Therapist Assistants: This course has been approved by the New Jersey Board of Physical Therapy Examiners for 6.0 credits. Board Course Number: 1903-15.

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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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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