

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 Wear

Please wear comfortable and loose clothing for labs. Shorts and tank tops are recommended.

What to Bring

Yoga mat or massage table (if applicable)

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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Myofascial Cupping Practitioner Certification

Marietta, GA Thursday February 27, 2020	Atlanta, GA Friday February 28, 2020
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- Myofascial Cupping Practitioner Certification
- Compression Band Flossing Practitioner Certification



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



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

Marietta, GA
Thursday
February 27, 2020

Atlanta, GA
Friday
February 28, 2020

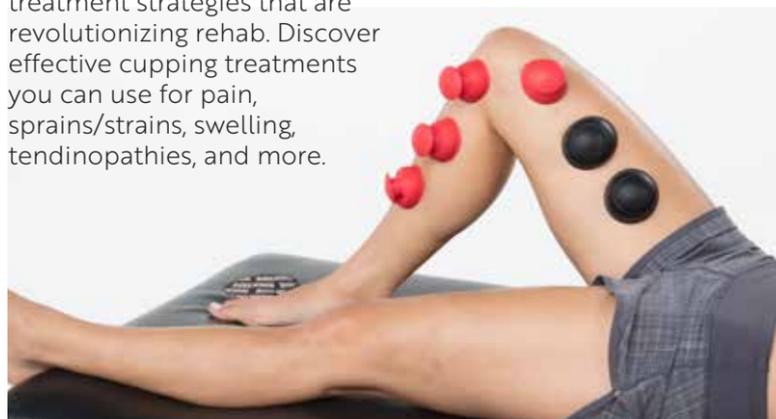


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A Non-Profit Organization Connecting Knowledge with Need Since 1979

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

STU WILSON, PT, uses functional and movement-based medicine along with manual therapy to treat biomechanical issues. He believes that the bio-psych-social model is crucial in treating the whole individual and utilizing the right tool at the right time. Stuart presents nationally on various topics including: taping, running, functional medicine and injury prevention.

Stu has consulted for USA Triathlon, was the lead PT for the Colorado Ballet, and has gained a respectful reputation as a running and cycling expert. He has submerged himself in Applied Functional Science, SFMA, FMS, Functional Dry Needling, and Kinesiology Taping. He is currently an owner at Panther Physical Therapy and Sports Performance facility in Colorado where he continues to treat many athletes and patients of all levels. Stu enjoys being active outside with running, biking, hiking and snowboarding as well as playing on teams such as ice hockey and soccer.

Speaker Disclosure:

Financial: Stuart Wilson is director at Panther Physical Therapy and Sports Performance. He is an affiliate faculty member for Regis University. Mr. Wilson receives a speaking honorarium from PESI, Inc.

Non-financial: Stuart Wilson 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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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.

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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.

Georgia Physical Therapists: This course has been submitted to the Physical Therapy Association of Georgia (PTAG).

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

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• **\$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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