## **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
- · 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**

- 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

A more detailed schedule is available upon request.

# **CERTIFICATION SERIES**

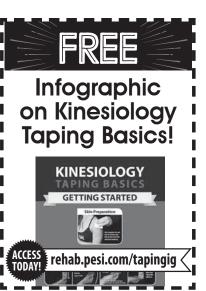
Movement is key to all healing, whether you are working with an elite athlete or someone recovering from a car crash.

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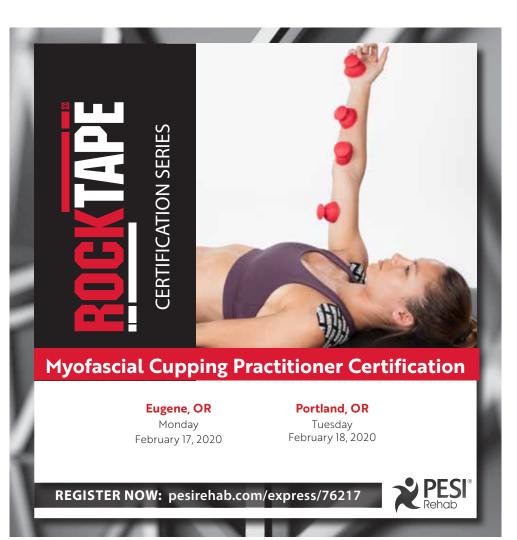
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## **Myofascial Cupping Practitioner Certification**

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.

- ✓ Learn effective treatments for pain, sprains/strains, swelling, tendinopathies, and more
- therapists and trainers



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

## Eugene, OR

Monday February 17, 2020

Portland, OR Tuesday February 18, 2020



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PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tion) for veterans and active duty military personnel. *Limited seats available; advance online* 



## Speaker

STACEY THOMAS, LMT, SFMA, FMS, ART, NKT, CF-L2, has been dedicated to human movement and athletic performance for 20 years. A sports massage therapist who is credentialed by the most respected educational organizations regarding human movement, performance training, and soft tissue treatment, Ms. Thomas is continuously expanding her knowledge of the human form in motion. You can find her in one of her three Front Range clinics treating athletes, coaching a mobility class, or teaching national seminars on kinesiology taping and IASTM. She has been a featured author in massage publications regarding the use of kinesiology tape in treatment as well as a quest speaker at various conferences pertaining to movement as it relates to sport and functional strength

A former competitive adventure and mountain bike racer, runner, and CrossFit<sup>™</sup> athlete, she's fully aware of the dedication needed to achieve and exceed one's goals. Professionally, she's managed large fitness facilities as the lead trainer, taught educational programs for trainers obtaining their certifications, as well as offered many health and wellness insights to groups through public speaking, writing for publications, and sporting events. She is a proud member of the Alpine Rescue Team, a volunteer EMT, mom to four awesome rescue dogs, and a very happy plant-based

Financial: Stacey Thomas is owner of Altitude Aptitude. She receives a speaking honorarium from Rocktape. Ms. Thomas receives a speaking honorarium from PESI,

Non-financial: Stacey Thomas 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
- ◆ Develop cupping applications based on your assessment/treatment approach and the individual needs of your patient.





The nation's top speakers and authors contact PESI 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.



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## 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" 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

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

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 submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current

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.

## 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.

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



## **How to Register**

MYOFASCIAL CUPPING PRACTITIONER CERTIFICATION Questions? Visit www.pesirehab.com/faq, or call 800-844-8260

7	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		
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**Check location:** (make copy of locations)

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February 18, 2020 DoubleTree Hotel Portland 1000 NE Multnomah Street • 97232 **3** Check tuition:

## **TUITION** with seminar manual

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

- $\square$  \$249.99 choose one of the options below: ☐ per person for 2 or more preregistering together — **OR**—
- ☐ single registration postmarked 3 weeks prior to seminar date
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☐ \$69.99\* Myofascial Cupping Starter Kit

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## 4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

☐ Check enclosed payable to <b>PESI, Inc.</b>			
□ MC	□VISA	□ AE	☐ Discover Novus
16 digits Card #	13-16 digits	15 digits	16 digits
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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.	CAN'T ATTEND THE SEMINAR? See below for individual product orders
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.	Myofascial Cupping Practitioner Certification  Seminar on DVD* (video) \$219.99 (RNV020855)
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	\$69.99* Myofascial Cupping Starter Kit (KIT085246)
active duty military personnel. Limited seats available; advance online registration required.	CE hours and approvals on products may differ from live CE approvals.  *Shipping
*\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job	*Shipping is \$6.95 first item + \$2.00 each add/litem. Subtotal
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