

MARCH 5 Kinesiology Taping Practitioner Certification

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.

Objectives

1. Explain the physiological effects of kinesiology taping.
2. Assess functional taping techniques as they apply to pain, edema management, neurologic conditions, scar and posture improvement.
3. Analyze the concepts of longitudinal fascial chain kinesiology taping.
4. Demonstrate fluid dynamics taping applications for acute edema and chronic fluid dysfunction conditions using the jellyfish taping method.
5. Demonstrate varied tape application techniques for common musculo-skeletal injury conditions such as low back pain, shoulder strains, ankle sprains and post-operative patient/client care.
6. Demonstrate posture taping applications for correction of common chronic postural deficits of the upper and lower spine regions.



WANT TO SHARE YOUR EXPERTISE?

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 Ryan Bartholomew at rbartholomew@pesi.com or call 715-855-8225.

Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 per day cancel fee. Substitutions are permitted at any time.

MARCH 5 Kinesiology Taping Practitioner Certification

FUNCTIONAL MOVEMENT TECHNIQUES: TAPING REDEFINED

- Evolution of kinesiology taping
- Directional → movement focused
- Comparing kinesiology tapes: stretch, adherence, longevity

TAPE MOVEMENTS, NOT MUSCLES

- Neurosensory - skin to brain connection
- Peripheral nerves
- Tactile acuity - sensory system/receptors

TECHNIQUES AND TREATMENT STRATEGIES

- Hands on with the tape!
- Where to cut? Tips for turning corners
- Does direction matter? How many pieces?
- Stretch, stabilize, decompress
- Indications/contraindications

Hands-On Lab

COMBINE TAPING WITH MOVEMENT: REAL WORLD SOLUTIONS FOR THE WHOLE BODY

PAIN IS A REQUEST FOR CHANGE

- Methods and application for treating pain
- Upper extremity
 - Shoulder
 - Lateral/medial elbow
 - Wrist
 - AC joint
- Trunk/Lower extremity
 - Knee pain
 - Shin splints
 - Calf and achilles
 - SI joint
 - Plantar fasciitis

Hands-On Lab

FLUID DYNAMICS – LIFTING EFFECTS OF TAPE

- Decompression strategy vs. compression strategy
- Promote lymph movement with jellyfish taping technique
- Methods and application
 - Acute swelling from trauma
 - Chronic edema conditions
 - Lymphedema

Hands-On Lab

MANAGING MUSCULOSKELETAL CONDITIONS

- Varying approaches for acute vs chronic conditions
 - Low back pain- is it acute or chronic?
 - Shoulder strains- pain or proprioceptive improvement?
 - Ankle sprains- edema or pain management?
 - Post-operative conditions- avoid incisions while improving outcomes

Hands-On Lab

POSTURAL CORRECTIONS

- Kinesthetic guidance = behavior modification
- Posture evaluation from head to toe
 - Upper and lower cross syndrome
 - Hyperkyphosis
 - Forward head posture

Hands-On Lab

KNOWLEDGE INTO ACTION - CASE STUDIES AND PROBLEM SOLVING

Questions? Visit our FAQ page at www.pesirehab.com/faq or contact us at www.pesirehab.com/info

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Infographic on Kinesiology Taping Basics!

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ROCKTAPE® CERTIFICATION SERIES

MARCH 5 Kinesiology Taping Practitioner Certification
Combining Taping & Movement to Improve Functional Outcomes

★ ★ ★ ★ ★
Awesome class! I really learned a lot about taping techniques I can use in my daily practice for pediatric, athletic, and geriatric populations. Instructor is very knowledgeable and entertaining.
-C. Spencer, PT

MARCH 6 IASTM Practitioner Certification
Combining Instrument-Assisted Soft Tissue Mobilization & Movement to Improve Function & Performance

★ ★ ★ ★ ★
I already have so many patients running through my head that I can use this information with!
-W. Garvin, OT

Fairfax, VA: March 5-6, 2020

\$60 off *when you attend both days

ROCKTAPE®

CERTIFICATION SERIES

MARCH 5 Kinesiology Taping Practitioner Certification
Combining Taping & Movement to Improve Functional Outcomes

MARCH 6 IASTM Practitioner Certification
Combining Instrument-Assisted Soft Tissue Mobilization & Movement to Improve Function & Performance

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

**Fairfax, VA
March 5-6, 2020**

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ROCKTAPE **FMT**

MARCH 6 IASTM Practitioner Certification

The days of painful techniques that lead to excessive bruising are over - welcome to the future of Instrument Assisted Soft Tissue Mobilization (IASTM).

Rather than the old aggressive mechanical model, this certification course focuses on the neurological effects of IASTM. Modern IASTM is designed to work with the patient's neurological system to manage symptoms, motor control and biomechanics with a very safe and gentle approach.

This framework offers a dynamic assessment philosophy designed to arm clinicians and clients with an innovative approach to treatment. By incorporating a joint by joint analysis of skin, fascial anatomy, and muscles, you will be able to incorporate IASTM to:

- Reduce pain
- Increase mobility
- Enhance proprioception
- Boost performance

Instructed by industry-leading clinicians, this hands-on certification program equips you with all the skills you'll need to begin using IASTM with the patients across the continuum of care.

Get impressive results without aggressive techniques – your patients (and your hands) will thank you!

Objectives

1. Discuss the myofascial sequencing model.
2. Analyze the neuroanatomy of the fascial system.
3. Utilize movement screening techniques to identify faulty movement patterns.
4. Examine the current best-evidence theory and science of IASTM.
5. Integrate assisted fascial manual therapy techniques with functional kinesiology taping to improve movement quality.
6. Design effective plans of care that incorporate dry fascial gliding to promote improved range of motion.

Speaker

JESSICA HILL, PT, DPT, CSCS, is a physical therapist who received her BA in biology and psychology at Dartmouth College. She completed her professional training at Simmons College where she earned her Masters Degree in physical therapy and her Clinical Doctorate Degree in physical therapy in 2002. She is a Certified Strength & Conditioning Specialist (CSCS) through the National Strength & Conditioning Association, certified Specialized Functional Movement Assessment (SFMA) level 1 practitioner, certified Functional Movement Screen (FMS) level 1 practitioner, and a certified Functional Movement Techniques provider through RockTape. Dr. Hill has 15 years of clinical experience in general orthopedics, sports medicine, industrial rehabilitation, pre-/post-surgical care, performance enhancement, wellness training, and injury prevention. She works with patients of all ages and across all activity levels from highly sedentary people to highly active populations including national caliber/professional/semi-pro/collegiate athletes, extreme and ultra-athletes, law enforcement, and military. Dr. Hill co-founded a group of highly successful outpatient physical therapy practices in VT before starting a solo, concierge practice in NYC.

Dr. Hill evaluates and treats with a whole-body approach that combines knowledge and understanding of localized anatomy and function within the context of full body structure, function, and movement patterns. She works to restore compromised mobility, strength, stability, and movement patterning through a variety of manual techniques, IASTM, active modalities, progressive exercise, taping, and education. She enjoys solid rapport with her patients and clients, clinical problem-solving, and watching her patients and clients progress to the activities they need to do, want to do, and aspire to do.

Dr. Hill is a self-professed "biomechanics, kinetic chain, fascial train, feed the brain enthusiast" who never tires of learning new treatment and training techniques, perspectives, and the latest the medical literature has to offer. She is an avid skier (telemark), cyclist, ice hockey player, photographer, and outdoor enthusiast. She will read anything an arm's length away. She lives by the guiding principle to, "Always leave it better than I found it, regardless of what it is."

Speaker Disclosure:

Financial: Jessica Hill maintains a private practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Jessica Hill has no relevant non-financial relationships to disclose.

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MARCH 6 IASTM Practitioner Certification

MODERN PAIN SCIENCE: RESHAPE IASTM

- Movement, mobility, and motor control
- Movement Pyramid framework
- Fascial anatomy/physiology
- Physiological/neurological effects of instrument-assisted techniques
- Lower body
 - IT band issues
 - Knee pain
 - Plantar fasciitis
 - Ankle sprain/strains
- Scar tissue
- Athletic Injuries
- Post-operative swelling
- Neurological complaints
- Up & down regulation of tissues

Hands-On Lab

BLUEPRINT FOR THE NEUROMUSCULAR APPROACH TO TOOLING

- Graded exposure system
- Tissue tolerance concept
- Feed the brain

FUNCTIONAL MOVEMENT SCREENING TO QUICKLY IDENTIFY DYSFUNCTIONING

- Sagittal, frontal, and transverse plane patterns
- Is it a mobility or a stability problem?
- Common problems associated with faulty planar movement patterns
- Ripple effect

Hands-On Lab

TECHNIQUES AND TREATMENT APPLICATION STRATEGIES

- Treatment strokes
- Vectors, rate, and time under manipulation
- Planar motion and fascial lines
- Evaluate up- and downstream from target area

Hands-On Lab

DEVELOP ROBUST TREATMENT PLANS

- Upper body
 - Low back pain
 - Headaches
 - Neck strains
- Rotator cuff tendinosis/itis
- Lateral & medial epicondylitis

INTEGRATE MULTIPLE MODALITIES FOR BETTER PATIENT OUTCOMES

- Combine manual therapy, taping, and movement
- Corrective exercise strategies
- Improving stability following mobility enhancement
- Myofascial gliding and release
- Comprehensive strategies for improving function and performance

Hands-On Lab

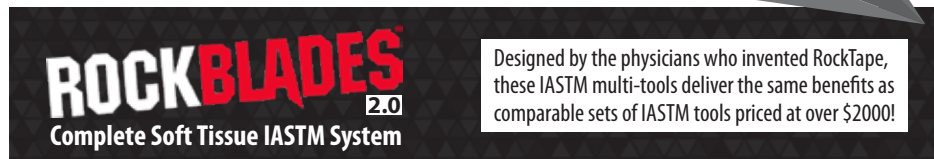
ADVANCED TECHNIQUES FOR AVOIDING COMMON IASTM MISTAKES

- Is bruising necessary?
- Determine appropriate treatment time
- Prevent hand fatigue
- Maintain control of tools when using emollient creams

Hands-On Lab

KNOWLEDGE INTO ACTION - CASE STUDIES AND PROBLEM SOLVING

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Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Massage Therapists
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Personal Trainers

What You Should Bring

- Please wear comfortable and loose clothing for labs. Shorts are recommended.
- Yoga mat or massage table (if applicable)

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 the 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.

IASTM Practitioner Certification
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 approved by the National Academy of Sports Medicine (NASM-BOC) for 0.6 CEUs. PESI, Inc. Provider Number is 544.

Massage Therapists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/77290.

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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.

Maryland Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

Virginia Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Virginia Physical Therapy Association. Credit is pending.

Other Professions: This activity qualifies for 360 minutes of instruction 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.

Seminar Schedule

(Days 1 & 2)

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.

Breaks:
15 minutes (mid-morning & mid-afternoon)



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2 SEMINARS: KINESIOLOGY TAPING PRACTITIONER CERTIFICATION IASTM PRACTITIONER CERTIFICATION

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2 Select Location (make copy for your records)

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DAY 1: March 5, 2020
Kinesiology Taping Practitioner Certification

DAY 2: March 6, 2020
IASTM Practitioner Certification

BOTH DAYS: March 5 & 6, 2020

3 Select Tuition

TUITION including seminar manual

\$279.99 per person standard tuition for one seminar day

\$499.98 per person for both seminar days

ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar

\$350* RockBlades 2.0 - Complete Soft Tissue IASTM System (OEQ085640)

\$89.99* RockTape Taping Variety Pack (KIT085244)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Select Payment Method

All registrations must be prepaid.

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesirehab.com/coord for availability and job description, first come, first serve.
- **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 (on live seminar and live video webcast tuition). *Advance online registration required.*

QUESTIONS

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CAN'T ATTEND THE SEMINAR?

Kinesiology Taping Practitioner Certification
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IASTM Practitioner Certification
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