



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.




**HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?**

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](mailto:rbartholomew@pesi.com) or 715-855-8225.

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**Myofascial Cupping Practitioner Certification**

**Rockford, IL**  
Monday  
May 11, 2020

**Schaumburg, IL**  
Tuesday  
May 12, 2020

**Tinley Park, IL**  
Wednesday  
May 13, 2020

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

RockTape certification workshops are taught by industry-leading experts in movement assessment and therapy. These hand-on courses present a revolutionary way of thinking about how we move and how we injure. They integrate innovative mobility and stability strategies, along with movement-based, practical treatment frameworks - to deliver **RESULTS**.

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- IASTM Practitioner Certification
- Advanced IASTM Practitioner Certification
- 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.**



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.

**Rockford, IL**  
Monday  
May 11, 2020

**Schaumburg, IL**  
Tuesday  
May 12, 2020

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Wednesday  
May 13, 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

**JENNIFER HUTTON, PT, DPT**, practices at Vanderbilt Children’s Hospital in Nashville, Tennessee, treating pediatric populations with developmental delays as well as neurological and orthopedic diagnoses. Additionally, she serves as lead physical therapist in a regional combined specialty hip clinic, which offers preoperative and postoperative rehabilitation programs for local patients of all ages.

A graduate of Loma Linda University’s doctoral program, she has attained numerous professional certifications over the course of her career, from Selective Functional Movement Assessment (SFMA) and Functional Movement System (FMS) to Myodetox Level 1 (manual therapy). In her free time, she is involved in several community efforts for children with disabilities, such as volunteering for modified triathlons, building adaptive bicycles, and planning adaptive sports camps. Jennifer truly enjoys working with children and believes that helping them achieve their independence while empowering them to move better will be pivotal as they progress in life.

Speaker Disclosure:

Financial: Jennifer Hutton has an employment relationship with Vanderbilt Children’s Hospital. She receives a speaking honorarium from PESI, Inc.

Non-financial: Jennifer Hutton 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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RockPods Cupping Set  
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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](mailto: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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**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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**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 per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

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**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.

## REGISTRATION FORM

### MYOFASCIAL CUPPING PRACTITIONER CERTIFICATION

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**ADA NEEDS**

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**SAME DAY REGISTRATION**

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**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.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://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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