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 speaker.

A more detailed schedule is available upon request.

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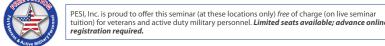


Movement is key to all healing, whether you are working with an elite athlete or someone recovering from a car crash.

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
- Myofascial Cupping Practitioner Certification
- Compression Band Flossing Practitioner Certification











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.

Fort Wayne, IN

Thursday June 11, 2020

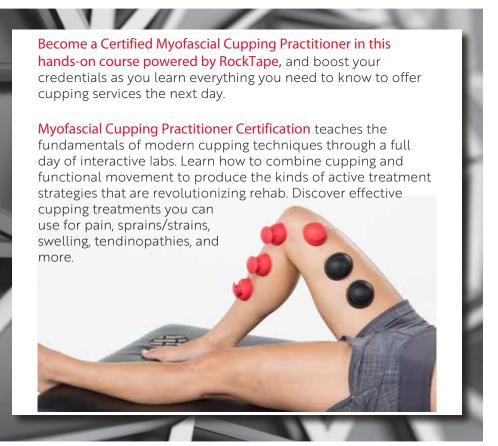
Indianapolis, IN

Friday, June 12, 2020



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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
- ◆ 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.



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 roufs@pesi.com or 715-855-5229.



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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

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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 of .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 per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

Indiana Physical Therapists & Physical Therapist

Assistants: This course has been submitted to the Indiana Chapter, American Physical Therapy Association for review. Please contact our customer service department for the most current information.

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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