

Outline

HOW RECENT CHANGES ARE RESHAPING MYOFASCIAL RELEASE

- Hot topics and innovations in myofascial release
- What myofascial release will look like in 1, 5, and 10 years
 - A look ahead at neuromyofascial manipulation

HANDS-ON LAB IMPROVE YOUR ASSESSMENT AND CLINICAL REASONING SKILLS

Get to the root causes of impairments faster with better evaluation techniques for:

- Pain
- Fascial and joint restrictions
- Muscle tightness, weakness and instability
- Neural tension
- Movement dysfunction

HANDS-ON LAB EXPAND YOUR MYOFASCIAL RELEASE TOOLBOX

Practice effective MFR techniques you can use immediately to:

- Eliminate pain
- Restore functional and athletic performance
- Decompress entrapped nerves
- Increase range of motion
- Recover mobility and flexibility
- Improve tissue glide
- Loosen tight muscles
- Mobilize scar tissue

HANDS-ON LAB INTEGRATE MULTIPLE MODALITIES FOR BETTER RESULTS

Practice combining myofascial release with:

- Taping
- IASTM
- Exercise
- Self-care

HANDS-ON LAB DESIGN ROBUST, INNOVATIVE PLANS OF CARE FOR YOUR PATIENTS

Practice comprehensive treatment strategies for specific impairments, including:

- Neck and back pain
- SI joint and pelvic dysfunction
- Shoulder impingement
- Postural deviations
- Knee and foot problems
- Headaches
- C-section scarring
- Nerve entrapments
 - Sciatica
 - Thoracic outlet syndrome
 - Carpal tunnel syndrome

HANDS-ON LAB TAKE YOUR SKILLS TO THE NEXT LEVEL

Master advanced neuromyofascial manipulation techniques:

- Palpatory assessment utilizing proprioception
- Tissue mobility, motility and glide
- Traction and compression
- Skin rolling and rebounding
- Neuromyofascial manipulation grades I-V
- Direct and indirect techniques

SAVE YOUR HANDS!

- Ergonomic tips and techniques for practitioner self-care

CASE STUDIES PUT KNOWLEDGE TO PRACTICE

- Case study 1: MFR for the trunk
- Case study 2: MFR for the upper extremity
- Case study 3: MFR for the lower extremity

DON'T LEAVE MONEY ON THE TABLE!

- Coding and billing updates for myofascial release
- Justify therapy with the right progress measures
- Avoid denials and audits with these tips

Seminar on DVD Package: You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. 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. 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 DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



Questions?

Call customer service at **800-844-8260**

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 Orion Tarpley at otarpley@pesi.com or 715-855-5262.

FREE
- CE -
ONLINE COURSE

Introductory
Survival Spanish
for Healthcare Providers

Up to 1 CE HOUR

HURRY OFFER EXPIRES
August 15, 2019

rehab.pesi.com/freespanish

NON-PROFIT
ORGANIZATION
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

Bring any training
in-house!

Convenient • Cost-Effective • Customizable

for more information visit
www.pesirehab.com/inhouse

PESI Rehab
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

Master Myofascial Release

Combine MFR, tape, IASTM, and exercise
for faster, longer lasting results

Build authentic professional connections -
***FREE* networking event included!**

Cordova, TN

Thursday
September 19, 2019

Nashville, TN

Friday
September 20, 2019

Register now! **pesirehab.com/express/72358**

Master Myofascial Release

Combine MFR, tape, IASTM, and exercise
for faster, longer lasting results

Build authentic professional connections -
***FREE* networking event included!**

- Master effective myofascial treatments you can use immediately
- Root out problems faster with new evaluation methods
- Explore hot topics and innovations in myofascial release
- Take your skills to the next level with advanced neuromyofascial manipulation
- Design robust, innovative plans of care for specific impairments

Cordova, TN

Thursday
September 19, 2019

Nashville, TN

Friday
September 20, 2019



A Non-Profit Organization Connecting Knowledge with Need Since 1979

www.pesirehab.com

Register now! **pesirehab.com/express/72358**

Master Myofascial Release

Some of the most common treatments for helping patients overcome chronic pain and overuse injuries can leave them in worse shape than when they arrived. Protocols rooted in the ‘no pain, no gain’ mentality often work against patients, activating self-defense mechanisms that freeze muscles, compress nerves, and sharpen pain. Many therapists add myofascial release to the mix because it’s less invasive, but misapplications and outdated techniques will yield little relief and can be just as harmful to outcomes.

As time passes without progress, even the most promising patient can plateau early, growing disengaged and depressed -- convinced therapy is a waste of time.

Prove them wrong.

Master cutting-edge myofascial release techniques in this hands-on seminar, and discover innovative interventions you can apply immediately for faster, longer lasting results. Built on today’s best practices, this program will show you how to better identify root causes of impairment and effectively combine MFR with tape, IASTM, exercise, and self-care to eliminate pain and improve functional outcomes. Discover effective, evidence-based treatment protocols that have helped countless patients leave their limitations behind.

Sign up today and leave this one-of-a-kind training knowing that whether your next patient hopes to return to work or play, you’ll be able to confidently guide her toward rapid improvements with the best methods available in myofascial release!

Speaker

JASON HANDSCHUMACHER, PT, DPT, OCS, is an expert in myofascial release , with over 16 years of clinical experience in some of the top facilities in the country. He practices at a hospital in the Charlotte metropolitan area, serving patients in acute, sub-acute, and outpatient settings. In addition, he sees patients at a clinic within an active adult community.

Dr. Handschumacher travels nationally to present seminars on myofascial release and is known for his dynamic, hands-on teaching style. He has presented research findings for state and national PT associations related to non-operative management of the rotator cuff, injury prevention, and the uses of therapeutic taping. Board Certified as an Orthopedic Clinical Specialist, Dr. Handschumacher earned his doctorate in physical therapy from Shenandoah University.

Disclosures:
Financial: Jason Handschumacher has an employment relationship with Springs Memorial Hospital. He receives a speaking honorarium from PESI, Inc.
Non-financial: Jason Handschumacher has no relevant non-financial relationship to disclose.

Objectives

- 1. Discuss the latest advances in myofascial release and their implications for therapy.
- 2. Review strategies for more quickly identifying the root causes of pain and functional limitations.
- 3. Integrate effective MFR techniques to be used immediately to eliminate pain, restore functional and athletic performance, decompress entrapped nerves, increase range of motion, recover mobility and flexibility, improve tissue glide, loosen tight muscles, and mobilize scar tissue.
- 4. Combine multiple modalities with myofascial release for better results, including taping, IASTM, exercise and self-care.
- 5. Design robust, innovative plans of care for a wide range of diagnoses.
- 6. Demonstrate advanced neuromyofascial manipulation techniques.

Live Seminar Schedule

7:30 Networking/Registration/Morning Coffee & Tea

8:00 Program begins

11:50 - 1:00 Lunch (on your own)

4:00 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.

What to Bring/Wear

- Lab-appropriate clothing
- Exercise mat
- Portable treatment table (if possible)

Have your tools delivered to the course and SAVE!



ROCKBLADES by ROCKTAPE

- Mohawk stainless steel tool 3 tools in one!
 - Silicone sleeve attachment [patent pending]
 - ABS/Polycarbonate comb attachment [patent pending]
 - RockRub emollient • QuickStart guide • Travel-friendly EVA carrying case
- EXCLUSIVE PRICE \$300 \$175



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.**



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 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.

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 6.25 hours of Category A continuing education.

MESSAGE THERAPISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/72358.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: This activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from this activity and contact your state board or organization to determine specific filing requirements.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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 6.25 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.

ARKANSAS PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Arkansas State Board of Physical Therapy for review. Credit is pending. Please contact our customer service department for the most current information.

KENTUCKY PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Kentucky Physical Therapy Association for review.

MISSISSIPPI PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Professional Licensure Branch of the Mississippi State Department of Health. Credit is pending.

TENNESSEE PHYSICAL THERAPISTS & PHYSICAL THERAPY ASSISTANTS: This course has been submitted to the Tennessee Physical Therapy Association for review. Credit is pending. Please contact our customer service department for the most current information.

OTHER PROFESSIONS: This activity qualifies for 380 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.

How to Register

MASTER MYOFASCIAL RELEASE

Questions? Visit www.pesirehab.com/faqs, or call 800-844-8260

ONLINE

pesirehab.com/express/72358

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI Rehab
PO Box 1000
Eau Claire, WI
54702-1000

2 Check location: (make copy of locations)

CORDOVA, TN

September 19, 2019

Hilton Garden Inn-Memphis/Wolfchase
Galleria
7955 Ikea Way • 38016
(901) 849-5655

72358CDV

NASHVILLE, TN

September 20, 2019

Millennium Maxwell House
2025 Rosa L Parks Blvd • 37228
(615) 259-4343

72358NAS

Register now!

pesirehab.com/express/72358

PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

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

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.

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 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 for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **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. Enclose a current student schedule with registration form. Go to www.pesirehab.com/faqs or call 800-844-8260 for details. **Advance registration required.** *Cannot be combined with other discounts.*

1 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 _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

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

3 Check tuition:

TUITION WITH SEMINAR MANUAL

\$199.99 – choose one of the options below:

☐ per person for 2 or more preregistering together —OR—

☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$229.99** standard

Add-On Products

Distributed at seminar—FREE SHIPPING!

☐ **\$175* RockBlades Mohawk**

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

4 Indicate method of payment:

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

☐ Check enclosed payable to **PESI, Inc.**

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # _____

Card Exp. _____ V-Code #: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Master Myofascial Release

— **\$199.99*** Seminar on DVD (video) (RNV063795)

— **\$175* RockBlades Mohawk** (OEQ085660)

CE hours and approvals on products may differ from live CE approvals.

Product total \$ _____

*Shipping is \$6.95 first item + \$2.00 each add'l item.

*Shipping _____

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

Subtotal _____

**Tax _____

TOTAL _____

FOR OFFICE USE ONLY

Fed ID # 26-3896894 © 2019 PESI, Inc.

OT