

Outline

PRINCIPLES OF MYOFASCIAL CUPPING

- 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

- 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

📖 Case Studies

Who Should Attend

- ◆ Physical Therapists/PTAs
- ◆ Occupational Therapists/OTAs
- ◆ Athletic Trainers
- ◆ Massage Therapists
- ◆ Personal Trainers

What to Bring

Yoga mat or massage table (if applicable)

What to Wear

Please wear comfortable and loose clothing for labs. Shorts and tank tops are recommended.

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.



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 Celeste Roufs at croufs@pesi.com or 715-855-5229.

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ROCKTAPE
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Myofascial Cupping Practitioner Certification

The Woodlands, TX

Thursday
November 7, 2019

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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.

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

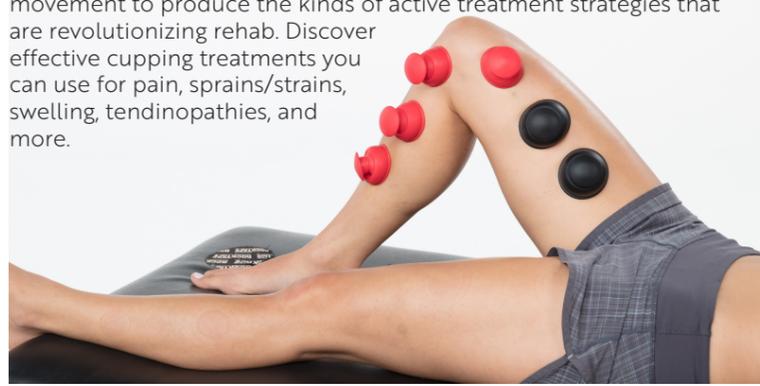
The Woodlands, TX
Thursday
November 7, 2019

Houston, TX
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November 8, 2019

PESI Rehab REGISTER NOW: pesirehab.com/express/73584
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

REID NELLES, DC, is a chiropractor who earned his Bachelor of Science from University of Minnesota – Duluth where he then followed his passion onto Northwestern Health Sciences University to pursue a Doctorate in Chiropractic. Reid was fortunate to be chosen for the medical staffing of the World Sport Games in Lignano, Italy which kick started his infatuation with sports chiropractic. Over the years, he has honed his experience and gained even more knowledge of movement patterns, corrective exercises, hands-on techniques, and so much more within the athlete population.

He owns and operates Minnesota Movement, a clinic in Excelsior, Minnesota. It is here that Dr. Reid fulfills his role in the community of ensuring that no athlete or person has a reason to skip a work out, bike ride, game, round of golf, day with their kids, or any activity due to an injury or pain. Reid believes that; if you move – you're an athlete. Reid is a self-proclaimed "jack of all trades, master of none" when it comes to athletic endeavors and loves golf, skiing, snowboarding, hiking, hockey, wakeboarding, waterskiing, fishing and hunting. His primary goal is to restore and improve qualities of movement with anyone he sees.

Speaker Disclosure:

Financial: Reid Nelles is owner of Minnesota Movement. He receives a speaking honorarium from PESI, Inc. Non-financial: Reid Nelles 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.



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.**

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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.



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How to Register

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

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