

## Outline

### MODERN PAIN SCIENCE: RESHAPE IASTM

- Movement, mobility, and motor control
- Movement Pyramid framework
- Fascial anatomy/physiology
- Physiological/neurological effects of instrument-assisted techniques

### BLUEPRINT FOR THE NEUROMUSCULAR APPROACH TO TOOLING

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

HANDS-ON LABS	FUNCTIONAL MOVEMENT SCREENING TO QUICKLY IDENTIFY DYSFUNCTION
<ul style="list-style-type: none"> <li>• Sagittal, frontal, and transverse plane patterns</li> <li>• Is it a mobility or a stability problem?</li> <li>• Common problems associated with faulty planar movement patterns</li> <li>• Ripple effect</li> </ul>	

HANDS-ON LABS	TECHNIQUES AND TREATMENT APPLICATION STRATEGIES
<ul style="list-style-type: none"> <li>• Treatment strokes</li> <li>• Vectors, rate, and time under manipulation</li> <li>• Planar motion and fascial lines</li> <li>• Evaluate up- and downstream from target area</li> </ul>	

HANDS-ON LABS	DEVELOP ROBUST TREATMENT PLANS
<ul style="list-style-type: none"> <li>• Upper body <ul style="list-style-type: none"> <li>• Low back pain</li> <li>• Headaches</li> <li>• Neck strains</li> <li>• Rotator cuff tendinosis/itis</li> <li>• Lateral &amp; medial epicondylitis</li> </ul> </li> <li>• Lower body <ul style="list-style-type: none"> <li>• IT band issues</li> <li>• Knee pain</li> <li>• Plantar fasciitis</li> <li>• Ankle sprain/strains</li> </ul> </li> <li>• Scar tissue</li> <li>• Athletic Injuries</li> <li>• Post-operative swelling</li> <li>• Neurological complaints</li> <li>• Up and down regulation of tissue</li> </ul>	

### Who Should Attend

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

### Questions?

Call customer service at  
800-844-8260

HANDS-ON LABS	INTEGRATE MULTIPLE MODALITIES FOR BETTER PATIENT OUTCOMES
<ul style="list-style-type: none"> <li>• Combine manual therapy, taping, and movement</li> <li>• Corrective exercise strategies</li> <li>• Improving stability following mobility enhancement</li> <li>• Myofascial gliding and release</li> <li>• Comprehensive strategies for improving function and performance</li> </ul>	
HANDS-ON LABS	ADVANCED TECHNIQUES FOR AVOIDING COMMON IASTM MISTAKES
<ul style="list-style-type: none"> <li>• Is bruising necessary?</li> <li>• Determine appropriate treatment time</li> <li>• Prevent hand fatigue</li> <li>• Maintain control of tools when using emollient creams</li> </ul>	

### KNOWLEDGE INTO ACTION - CASE STUDIES AND PROBLEM SOLVING

### 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.

### 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.



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.*

This program is a member of RockTape's Functional Movement Techniques (FMT) Certification Series. No previous FMT coursework is required to attend.



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### Hands on labs to master techniques for the issues you treat including:

- Low back pain
- Headaches
- Neck strain
- IT band issues
- Plantar fasciitis
- Athletic injuries
- Scar tissue
- Neurological complaints
- Post-operative swelling
- And more!

**Tinley Park, IL**  
Thursday, February 27, 2020

**Arlington Heights, IL**  
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# IASTM Practitioner Certification

Combining Instrument-Assisted Soft Tissue Mobilization & Movement to Improve Function & Performance

- Save your hands - use tools!
- Simple and gentle framework for reducing pain and increasing mobility
- Reduce treatment time with this neurosensory approach to tooling

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# Welcome to the Future of IASTM

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
- Up and down regulate tissues
- 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!**

*Thanks for making IASTM more affordable/accessible. I will immediately incorporate these techniques into treatment of movement dysfunctions.*

- Ivanka, PT

## 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

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.

### 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 or 715-855-8225.

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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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**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.

**Illinois Physical Therapists & Physical Therapist Assistants:** PESI, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 216.000270. This course qualifies for 6.0 CE Credit Hours.

**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.



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**ADA NEEDS**  
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**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](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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